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## SCHOOL BAN ON SCARY COSTUMES LEAVES SOME PARENTS UPSET

{page 3}



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Wednesday, October 26, 2011

www.metronews.ca



News worth sharing.

### World. Juniors



► World junior alumni, from left, Jeff Shantz, Martin Gelinas and Gord Sherven don Team Canada 2012 limited-edition jerseys.

KATIE TURNER/METRO

## Jerseys go on sale Nov. 1

The commemorative Team Canada jersey will be worn during the 2012 IIHF World Junior Championships, which are being held in Calgary and Edmonton. The jerseys will go on sale Nov. 1 in Nike stores, SportChek and online at hockeycanada.ca.

# Anti-grow-op coalition targets utility providers

## ► Police enforcement not enough to win war on drugs: Alderman

Rooting out marijuana grow operations in Calgary will take participation from city utility providers who are ignoring their responsibilities, says a Calgary alderman who chairs a drug-opposing coalition.

Ald. Diane Colley-Urquhart said she along with fellow members of the STOP Marijuana Grow Operations Coalition are drafting a strategy in hopes of forcing companies to step up and do their part.

"There's not motivation for utility companies to deal with this," she said earlier this month. "They recover their losses. You and I pay. But I don't think it's fair."

Details of what specifically will be demanded by the coalition are still being hashed out, but Colley-Urquhart hopes to have something firm by Christmas. One major objective will be to have power consumption tracked across Calgary's entire grid.

A spokesperson for Enmax, Cal-

### Stealing power

► The STOP Marijuana Grow Operations Coalition estimates 3 to 10 per cent of power consumed on a standard city grid is being stolen illegally by marijuana growers.

gary's largest utility provider, could not be reached for an interview yesterday but did provide a statement.

"Power theft, though not common, can be a serious safety threat to the public and our employees," it says. "Therefore, in addition to monitoring potential power theft situations for financial and safety reasons, Enmax also co-operates with police investigations when requested."

Colley-Urquhart believes power companies can, and should, do more. She points to relatively cheap devices capable of tracking power distribution to homes that aren't being utilized by companies.

One such model, produced by Calgary-based dTechs, can be clamped onto a power grid upstream and simultaneously track data for dozens of residences at the same time. That information can then be compared to historical data to determine if a typical power consumption is occurring.

STOP estimates 95 per cent of marijuana grow operations steal power through the use of bypass devices.

Colley-Urquhart pointed to a Citadel grow-op fire in late 2009 that destroyed five homes as well as reports in September that unsafe bypassing by growers had electrified the lawn of a home in Temple as evidence that action is needed immediately.

"It's just a matter of time before somebody is killed.... I am not fear-mongering. It's the reality," she said. ● JEREMY NOLAIS

More coverage {page 4}



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## Calgary man faces fraud charges

Charges have been laid against a Calgary man who allegedly defrauded investors and used nearly \$500,000 for himself.

Nicholas David Reeves, 50, was contracted by Disenco Energy PLC to solicit investors. From January 2007 to September 2009, Reeves approached investors in Alberta and elsewhere, according to RCMP. Over that time, it's alleged Reeves raised \$486,500.

He's expected to make his first court appearance on Dec. 5. ● METRO

## Election date could be fixed

Alberta Premier Alison Redford says a fixed-election date is still on her radar, but she won't say when or how it will be implemented. While answering opposition questions, Redford said the issue would be dealt with "in the next little while." THE CANADIAN PRESS

## Correction

In the Oct. 24 edition of Metro, it was reported that the updated City of Calgary website, calgary.ca, received 1,000 visits per day.

In fact, the website receives 1,000 visits per day through mobile devices.

In total, about 14,000 people per day visit the website.

Metro regrets the error.

● METRO



# Schools ditch spooky costumes, promote caring

- Restrictions aimed at finding 'middle ground' in student population
- Some parents are disappointed with the decision against costumes



JEREMY NOLAÏS  
@METRONEWS.CA

Leave your blood, guts and fangs at home, kids.

At least that's the message at two Calgary public schools where staff are banning spooky Halloween costumes in favour of caring alternatives.

"I think it's sad that one more holiday in the traditional calendar has been stripped of what it used to mean," said Mike de Boer, parent council

chair at Colonel Walker School. "Everything is just getting so inoculated against possibly offending or hurting somebody that nothing really means anything anymore."

Colonel Walker is introducing the new rules just in time for this year's festivities.

Ramsay School has also introduced the costume policy.

Michelle Speight, the principal of both schools, could not be reached for comment yesterday, but

CBE spokesperson Karen Drummond said the measures aim to "strike a balance" between those who celebrate Halloween and those who don't.

De Boer said he believes the bulk of parents at Colonel Walker share in his disappointment over the new policy.

"It's pretty weak," agreed fellow parent Mike Bishop. His son was set to come to school as a zombie this year.

"Dressing up in a scary costume is what Halloween's all about."

### Dressing up

- Other Calgary public schools have adopted a black-and-orange dress-up day for Halloween instead of costume parades.
- Some schools in the Calgary Catholic School District encourage participation in crazy-hair day and other activities as opposed to dressing up.
- All schools in both divisions ban kids from bringing in weapons associated with their Halloween costumes.

# 1

  
news


PETA has filed a lawsuit that accuses SeaWorld of keeping whales in conditions that violate the U.S. ban on slavery. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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**Rescuers in Turkey pull a living, breathing newborn baby from the rubble of a building destroyed by the earthquake. Video at metronews.ca/video.**



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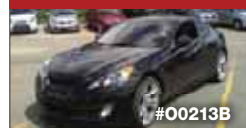
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# Grow-op stigma tough to shake

- Realtors admit former drug sites are hard to resell
- Criminals tend to target newer neighbourhoods: Police



**JEREMY NOLAS**  
@METRONEWS.CA

Some days, Calgary father Ramki Doraiswami feels trapped inside his own home.

His Sherwood community has been the scene of six discovered marijuana grow operations over the past three years.

Individuals also recently broke into his \$800,000 residence, and with a two-year-old son he fears elements of organized crime continue to operate in the isolated northern community.

"If I had a chance, I would probably move inside the city," he said. "But the market is not good.... I put a lot of money into this house."

Doraiswami said that with Sherwood being a relatively new community most of the neighbours

rarely communicate — and that's exactly what marijuana growers look for, says Tom Hanson from the Alberta Law Enforcement Response Teams, who targets serious and organized crime in the province.

"(Growers) want to hide in plain sight," Hanson said. "They rely on neighbours wanting to respect their privacy."

Once a drug operation has been shut down, the future of the home is often unclear. Some sit idle for

years, while others are remediated in hopes of finding new owners.

Calgary realtor Ravinder Basi admits properties formerly used by growers are a tough sell.

"It's like a car when it's been in an accident," he said. "Even though it has been checked out, cleared and everything's fine, (buyers) still think it's not like it was before."

Hanson said his team will continue devoting all the resources it can to rooting out grow operations. Last month, officials touted the success of a sweep that saw 18 grow-ops shut down and 22 charges laid against nine individuals.

"With support and assistance from the community, we will just keep plodding along with locating these things, dismantling them ... so people can live safely," he said.

## \$100K

**Speaking on the condition of anonymity, a recent homebuyer living in a former grow-op site in Panorama Hills said they were able to shave \$100,000 off the cost of their home.**

### Targeted areas

**1** Using data available on the Alberta Health Services website, Metro plotted and recorded all of the known grow operations in Calgary and the surrounding area dating back to January 2009.

**2** The results showed a clear preference by drug growers to operate in new communities on the northern and southern outskirts of the city. Some of the more prevalent areas included Panorama Hills, Marlborough Park, Royal Oak and New Brighton.

**3** Tom Hanson with the Alberta Law Enforcement Response Teams estimates that remediating a residence formerly used to grow drugs can cost up to \$150,000.



► A map of the marijuana grow-op locations listed since January 2009 by Alberta Health Services.



For an interactive version of the map, visit [metronews.ca/calgary](http://metronews.ca/calgary)

### 2011 stats (YTD)

- Total warrants: 276
- Total plants: 45,884
- Value: \$56.3 million

### 2010 stats

- Total warrants: 168
- Total plants: 69,981
- Value: \$88.9 million

### 2008 stats

- Total warrants: 100
- Total plants: 49,842
- Value: \$61.8 million

### 2009 stats

- Total warrants: 121
- Total plants: 73,972
- Value: \$91.3 million

### 2007 stats

- Total warrants: 110
- Total plants: 50,302
- Value: \$62.3 million

## Growers could face harsher charges

The federal government's new omnibus crime bill

could see more marijuana growers put behind bars.

According to a Justice Department study released Monday, only one of every six individuals convicted for running a grow-op in B.C., Alberta and Ontario between 1997 and 2005 actually

served time in prison. The cases used in the study were chosen at random from a sample of prosecutions over the eight-year period.

Bill C-10, which is now before a House of Commons committee, would offer a mandatory

jail sentence of six months for any individual convicted of growing between six and 200 marijuana plants. The penalty would be even more severe for growers involved in larger operations. **● METRO/WITH FILES FROM THE CANADIAN PRESS**

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# Studio says no to neighbouring liquor store



► Tara Wildeman is the owner of Ambition Performing Arts, a dance studio.

## ► Dance studio owner says she would move if liquor store is constructed

**KATIE TURNER**  
@METRONEWS.CA

With young students constantly coming and going, Tara Wildeman doesn't think putting a liquor store next to her dance studio is appropriate.

Wildeman, owner of Ambition Performing Arts, is planning to file an appeal against a liquor

store approved to move into the vacant spot next to her Hanson Ranch location in the city's northwest.

"If we lose the appeal and a liquor store goes in, I would move my business out of the community," said Wildeman, adding she serves about 450 families.

Shannon Martel, secretary of the Hidden Valley

Community Association said they are backing the business owner.

"So far the feedback has been against the liquor store," she said. "It does affect the neighbourhood."

Although liquor stores are not permitted within 150 metres of a public or private school, manager of planning implementation with the city, Judy

Lupton, said the studio is considered an instructional facility.

"We don't regard this as being a conflict with a school," she explained. "Although we do take (community concerns) into account ... we do have to look at it from a planning point of view."

Wildeman has until Nov. 3 to file an appeal against the liquor store.

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## News in brief

## U.S. university honours Suu Kyi

ANN ARBOR, MICH.

Freedom from fear is the "master key" that clears the way for other liberties, Nobel Peace laureate Aung San Suu Kyi said late last night as she was honoured by the University of Michigan.

Suu Kyi is the most prominent pro-democracy campaigner in Myanmar and spent 15 years under house arrest. The university honoured her with its annual Wallenberg Medal, named for alumnus Raoul Wallenberg, a Swedish diplomat who saved thousands of Jews during the First World War.

"Fear renders us dumb and passive. Fear paralyzes," Suu Kyi said during the recorded

speech. "If we are too frightened to speak out, we can do nothing to promote freedom of speech."  
THE ASSOCIATED PRESS

## App to help Occupy activists

NEW YORK. Occupy Wall Street protesters now have a free app to alert others if they're about to be arrested.

The Daily News says the creator of the "I'm Getting Arrested" app is Jason Van Anden, a Brooklyn software developer. THE ASSOCIATED PRESS

## Mechanic wins \$50M jackpot

ONTARIO. A 73-year-old mechanic, Franco Varone, from Woodbridge, Ont., who retired just a month ago is the winner of the \$50-million jackpot from the Oct. 7 Lotto Max draw.

THE CANADIAN PRESS

## Gun-registry records targeted

▶ Ontario, Quebec may register long guns if federal legislation succeeds

Records of the shotguns and rifles owned by Canadians would be destroyed under legislation introduced yesterday to scrap the long-gun registry — preventing provincial or future federal governments from making use of the information.

The majority Conservative government unfurled a long-promised bill yesterday to scrap the registration of long guns and permanently delete more than seven million files on gun ownership.

Police, health and victims' groups immediately voiced their opposition, while anglers and hunters welcomed plans for the registry's demise.

The Tories argue the registration of long guns is wasteful and unnecessary, although they support the licensing of gun



▶ Patrick Deegan, a senior range officer at the Shooting Edge, looks through the scope of a rifle at the store in Calgary.

owners and the registration of prohibited and restricted weapons like handguns.

"We don't want laws that target law-abiding citizens, hunters and sports shooters. We want laws that focus on the criminal and those

who use firearms illegally," said Public Safety Minister Vic Toews, who joined Conservative colleagues in announcing the bill at a farm near Ottawa.

Toews has said that the more than \$1 billion spent on the registry

would have been better spent putting police officers on the street.

An internal RCMP evaluation found the federal gun registry was a useful tool for police, and the Canadian Association of Chiefs of Police maintains it contributes to community and officer safety.

Liberal MP Massimo Pacetti accused the Tories of ignoring common sense.

"Now the government wants to throw the baby out with the bathwater, and destroy the invaluable data collected, and oh so helpful to police."

NDP justice critic Jack Harris said destroying the registry — and the records already compiled — is inconsistent with the Harper government's oft-declared campaign against crime.

THE CANADIAN PRESS

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# Call it funny money

► Hidden secret in new bills? ► Focus groups see woman's body, sex toy

Canada's new plastic \$100 and \$50 bills may give you more bang for your buck.

New documents show a focus group mistook a strand of DNA on the \$100

bill for a sex toy.

Many people also thought the see-through window on the new polymer notes was shaped like a woman's body.

Others looked into the port holes of an icebreaker on the \$50 note and saw a skull and crossbones staring back at them.

These are just some of

the images focus groups saw on the plastic bank notes going into circulation, starting with the \$100 bill next month.

THE CANADIAN PRESS



## Young boys also need HPV shot, panel says

A U.S. government panel is recommending that young boys also get the HPV shot, the vaccine given to girls to prevent cervical cancer.

Doctors say it could protect boys against genital warts and some cancers.

But they also say vaccinating 11- and 12-year-old boys could help prevent the spread of the sexually transmitted virus to girls.

The HPV vaccine Gardasil is approved in Canada for females and males aged nine to 26. The vaccine Cervarix was approved for use for females aged 10 to 25, but has not been approved for males, says the National Advisory Committee on Immunization. THE ASSOCIATED PRESS

## News in brief

### Satellite's death plunge

BERLIN. Germany says its defunct minivan-sized ROSAT satellite that plunged to Earth on Sunday came down over the Bay of Bengal.

THE ASSOCIATED PRESS

### TV star seeks animal curbs

COLUMBUS, OHIO. TV star Jack Hanna, a former zoo chief, has urged Ohio to draw up strict rules for owning exotic animals after a man set loose more than 50 beasts last week and then killed himself. Police killed dozens of the animals in a bizarre roundup.

THE ASSOCIATED PRESS

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Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing

savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing

a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

## A little bit really does go a long way

If you don't think you're in a position to

save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just \$25 a week adds up to \$1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

## Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and

decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has

really helped grow my just-in-case fund and I've actually come to enjoy saving.

## Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.

## 4 SIMPLE STEPS

- 1 Analyze your spending and make saving a priority
- 2 Open a dedicated savings account
- 3 Pay yourself first: set up an automatic payday transfer of \$25
- 4 Watch your savings grow!



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*me*  
a 'just-in-case'  
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## China. Trade Exhibit



► Visitors peruse a plastic toy exhibition booth during the China Import and Export Fair yesterday in Guangzhou, China.

CHINA/PHOTO PRESS/GETTY IMAGES

## No toying around at Canton Fair

The 110th China Import and Export Fair, also known as the Canton Fair, opened on October 15, attracting 24,231 exhibiting enterprises from both China and abroad.

## Retail sales up in August

Canadian shoppers spent more money in August than economists anticipated even as consumer confidence plunged to its lowest level in two years.

Statistics Canada reported yesterday that retail sales in Canada rose 0.5 per cent to \$37.8 billion in August, suggesting that Canadian consumers have pretty much shrugged off a period of severe turbulence on financial markets.

Economists on average had anticipated 0.3 per cent growth in the sector.

The boost — which amounts to about 1.4 per cent over last August — bodes well for overall eco-

nomie growth during the third-quarter. Household spending accounts for about 60 per cent of demand in Canada.

Gains were reported in six of 11 subsectors representing 70 per cent of retail sales, largely offsetting a July decline of 0.5 per cent.

The Conference Board of Canada said its index of consumer confidence fell 6.6 points in August to 74.7, the lowest since July 2009.

Economists watch consumer confidence closely because consumer spending accounts for a big portion of economic activity.

THE CANADIAN PRESS

## Market moment

TSX



- 52.54  
(12,109.75)

Dollar



- 1.29¢  
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Abbottfield Shoppers Mall

Bonnie Doon

Capilano Mall

Edmonton City Centre

Edmonton City Centre-kiosk II

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Kingsway Mall -kiosk

Londonderry Mall

Mill Woods Town Centre

Northgate Centre

Northgate Centre- kiosk

Sherwood Park Mall

South Edmonton Common

South Park Centre

Southgate Mall -kiosk

St. Albert Trail at 137 Ave.

West Edmonton Mall

West Edmonton Mall- kiosk

Westmount Centre

Whyte Avenue at 107 St.

FORT MCMURRAY

19 Riedel St.

Peter Pond Shopping Centre

GRANDE PRAIRIE

Prairie Mall

LEDUC

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LETHBRIDGE

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SmartCentres Lethbridge

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MEDICINE HAT

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# WARD OFF THE COMMON SURVEY

JUST SAYIN' ...

PAUL SULLIVAN  
METRO



It's confirmed.

The world is a dirty, messy, germ-infested place.

A survey released yesterday by the Kleenex people (who else?) measures the extent of the contamination.

It's everywhere: 71 per cent of gas pump handles, 43 per cent of escalator rails, 41 per cent of ATM buttons and 40 per cent of parking meters and kiosks are contaminated with disease-causing germs.

Put that together with an earlier survey that as many as one-third of the male population fails to wash its collective hands after going to the bathroom, and you may never touch another doorknob again.

Of course, there are always people who claim a little dirt won't hurt you, but in this era of work 24-7 (and like it), who can afford the downtime that comes with colds and the flu?

**"There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The world is a Petri dish and you're the lab rat."**

You could get a flu shot, but there is no cure for the common cold, which appears to be even more common than we thought.

You could become germ-o-phobic and wear rubber gloves and a surgical mask and use anti-bacterial wipes, but you're fighting a losing battle. There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The

world is a Petri dish and you're the lab rat.

And please cough into the crux of your elbow.

Surveys like the one from Kleenex are big news at the Handwashing for Life Institute in Libertyville, Ill. I am not making this up. Its motto is "Overcoming underwashing" and it is deadly serious about fighting germs.

But the net effect of all the helpful advice on handwashingforlife.com is that it's way too hard, especially if you have a short attention span, and pointless if you have to go now and you've got no time to worry about the relative cleanness of the washroom.

You could spend every minute of your brief existence fighting off germs and you could still get run over by a bus. You have a one-in-246 chance of dying by falling down. There's even a one-in-200,000 risk of being crushed by an asteroid.

It's important to realize that germs reach their peak every weekend, at least as far as calling in sick is concerned.

Of course there's a survey on that, too. A British survey (have these people nothing else to do?), to be precise, indicating that more than one-third of sick calls happen on Monday.

So, even though there are just as many germs per square inch on every other day of the week, Monday is particularly hazardous to your health.

You didn't need a survey to tell you that, did you?

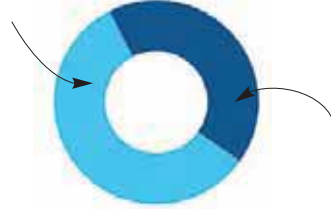
Read more of Paul Sullivan's columns at [metronews.ca/justsaying](http://metronews.ca/justsaying)



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Are you part of the 99%?

58%  
YES



42%  
NO

## Letters

**GUN REGISTRY.** When Canada's current regime of gun control legislation was drafted, the law-abiding gun owners in this nation rallied against it. The government of the day pushed the bill through in spite of many flaws, some of which contradict the Charter of Rights and Freedoms; going as far as to subject legal gun owners to illegal search and seizure and suspension of the right to remain silent during investigation.

Well, now the landscape has changed. It is clear that Canadians no longer want to see Ottawa waste precious resources on legislation that targets law-abiding citizens and leaves criminals to their misdeeds.

The current government has decided that it is not the law-abiding gun owners of this country that need to have their freedoms curtailed, but the lawless, the organized gangs. It is with this vision that we hope there are less victims for the victim's advocates to mourn, less criminal acts with firearms for the Coalition for Gun Control to rail against, more resources for mental health and more money for policing.

MR. KEVIN ORDOWICZ  
SAINT-HUBERT, QUE.

## Local tweets



► **@kristin nuendo:** No snow for you! #SnowNazi #yyc  
► **@uglymother:** CFD is doing some extinguisher training with burn pans-- some smoke in East Calgary--sorry #yyc  
► **@munnoob:** I wanna see what happens when there is a #yycarena debate #wilt-drosepartyisgarbage #yeg #yegarena  
► **@letsgojoelg:** By the way, I'm craving #pho. Who's in? You gotta keep me up though - Buck is STILL in

the shop #yyc  
► **@LakeatLarge:** Thank you to the inventor of the freezer for allowing my to enjoy a reprise of Thanksgiving dinner tonight #yyc #yeahbuddy  
► **@YYCgal:** It's been so long since I was able to shop until I dropped! I'm now considered up to date ;) #yyc #retailtherapy  
► **@Derek\_Lane21:** You know your in #yyc when the sky is blue spotty clouds and its snowing!  
► **@Thebigcurt82:** Well I've seen some snowflakes so time to go to @Vegas forever, so long #yyc



## photo of the day



► This photo, titled *Un Soleil au Féminin*, was submitted to the Variety category by *Onimbola Tsikimamy* from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at [metrophotochallenge.com](http://metrophotochallenge.com). The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

## WEIRD NEWS

### It's a dog-eat-dog world

Dressed as protesters, complete with toy megaphone, Mitch Robinson and his wife unrolled a sleeping bag and "occupied" their friends' Halloween party. Unlike the real-life Occupy Wall Street demonstrators, they had a list of demands for their hosts.

Among them: Equal time on the karaoke machine, more meat on the grill and extra alcohol in the drinks.

So went the party in Tacoma, Wash., last Saturday night.

Among the self-proclaimed 99 per

cent, the anti-Wall Street protests that began in New York and spread across globe are inspiring lots of costume ideas.

"We're ready to go," said Kris Ruby in Greenwich, Conn. She is dressing her seven-year-old golden retriever, Morgan Stanley, as a one-percenter in business suit, red tie and tweed hat.

THE ASSOCIATED PRESS



► Morgan Stanley represents the 1%.



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# 2

## scene

### Jobs



rockers the Flaming Lips will honour the late Apple co-founder Steve Jobs by performing a cover of the Beatles' Revolution at the O Music Awards 2 on Oct. 31.

THE ASSOCIATED PRESS



Savannah, Ga., tries to clean up square featured in the film Forrest Gump



► Justin Timberlake tackles the issue of aging and wealth in his new film In Time.

# Running out of time

► Justin Timberlake talks about fast living, boyhood fantasies and his latest film In Time



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METRO WORLD NEWS IN LOS ANGELES

Playing the hero in In Time — a sci-fi adventure set in a world where people stop aging at 25 and have to earn time to stay alive — has given Justin Timberlake a lot of chances to think about time, including being stuck with a certain look.

"I look back as a lot of my younger years have

been documented and I can honestly say that I would not like to revisit," says the musician-turned-actor.

Of course he says that now, at age 30 — and playing a convincing 25 on screen. Maybe he'll change his tune after another 10 or 20 years. But for now, movies like In Time are helping keep him young, especially considering all the action involved.

"On top of being a really rich story filled with lots of

things, I got to live out a lot of boyhood fantasies in this movie — shooting guns and getting to learn how to stunt-drive," he says, grinning.

Given the time-sensitive nature of the film, there was of course lots of running involved — which was fine for Timberlake, but not so much his co-star, Amanda Seyfried, who did most of the chases in high heels.

"We debated actually in the middle of a scene her

taking the heels off and just running without them, but she would have gotten lost in the frame," he says.

One pitfall of a high-concept action thriller can be overly expositional, and that was something Timberlake was keen to watch out for, going so far as to consult Andrew Niccol, the film's producer, about paring down the script.

Saves more time for the running, shooting and driving, at least.

### Movement

The OWS connection.

► **Elite** A major theme of In Time is taking on an elite that controls all the resources in society — something that coincidentally finds great resonance with the current Occupy Wall Street movement as the film hits theatres. Of course it was shot before the movement kicked off.

## Need a Wig for Halloween?



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Rocell Gercio-Chad, RDH



# Chris Taylor: CANT can make you forget that other band he's in

► Grizzly Bear musician leaves his usual harmonic and folky tunes for a new electronic, moody sound ► Just started his own label, Terrible Records



Healy is working with publicists to promote CANT, his new side project, he contemplated not putting the name of his other band in the biography.

"I didn't really see how people having that connection, between Grizzly Bear and this project, I didn't see how that would be helpful," he says.

"I had to trust people who do this stuff — press, my manager — because if I can't trust them, I shouldn't have hired them in the first place. They just said, 'No, we should definitely do that, it's inevitable, people are obviously going to know it's you and it seems silly if you try and pretend, it'll just make you look silly.'"

To be sure, Taylor does not look silly. And CANT's recently released debut, *Dreams Come True*, is a force to be reckoned with, albeit a dark force.

Where Grizzly Bear is harmonic and folky, CANT is electronic and moody. It's as if one is a consequence of the other.

"When I got out of touring and recording — and production work in the meantime — which was six or seven years, I realized I had sacrificed a lot of personal relationships," he says. "Face fears"

It's not as if Taylor has nothing to show for the time that he was neglecting

**"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones."** CHRIS TAYLOR

his personal relationships.

In addition to playing bass and producing Grizzly Bear albums, he has produced critically acclaimed albums by Twin Shadow and the Morning Benders, and he recently started his own label, Terrible Records.

But with *Dreams Come True*, he confronts his decisions head-on.

"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones," he says.

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► Chris Taylor

Loveable. Muppet



► Kermit the Frog greets Metro's Navita Persaud and Natalie Riznek yesterday at Metro's Toronto headquarters.

DAVID VAN DYKE/METRO

Kermit pops by to say hi

The famous friendly amphibian stopped by the office while in town to promote his new film, *The Muppets*, which opens in theatres Canada-wide on Nov. 23.

ANTHRAX RAGES ON

**'ONCE WE GOT OUR FOOT IN THE DOOR, THERE WAS NO WAY WE WERE TAKING IT OUT'**

In a recent interview, Scott Ian talked about Anthrax's reunion with Belladonna, and whether fatherhood has changed him.



► Scott Ian of Anthrax (2008)

What was it like when Joey first started working on the record after all those years apart?

He pretty much nailed it as far as I'm concerned, first time, on each song. What's amazing is he only started singing nine out of the 10 of these songs like earlier this year, like December or January, and he sounds like he's been singing them for 10 years, and I think that's something that's really, really hard to pull off, and he did it. Like, he owns the songs.

**Anthrax has been together for so long. What were the most challenging years? Was there a time when you thought it was over?**

I never wondered that. The hardest time for me in the history of Anthrax was trying to make our first album, that was the hardest time, because we were nobody, we were nothing. It wasn't like we had a name or

we were established or we knew anything about anything. ... Once we got our foot in the door, there was no way we were taking it out.

**What's the most fun part about being a father?**

It's like a switch got thrown and this love, where it even comes from, as a father, I'm hard-wired for it. The love is insane. The feeling that it gives me every day just to look at him is something that wasn't there before June 19. It's just an incredible feeling. ... Here's how it's changed my rock life; here's a sentence that I would have never said before June 19. It's given me this unbelievable joy I've never felt before.

THE ASSOCIATED PRESS

# POPPING WILLIAM SHAKESPEARE'S COLLAR

## IN FOCUS

RICHARD CROUSE

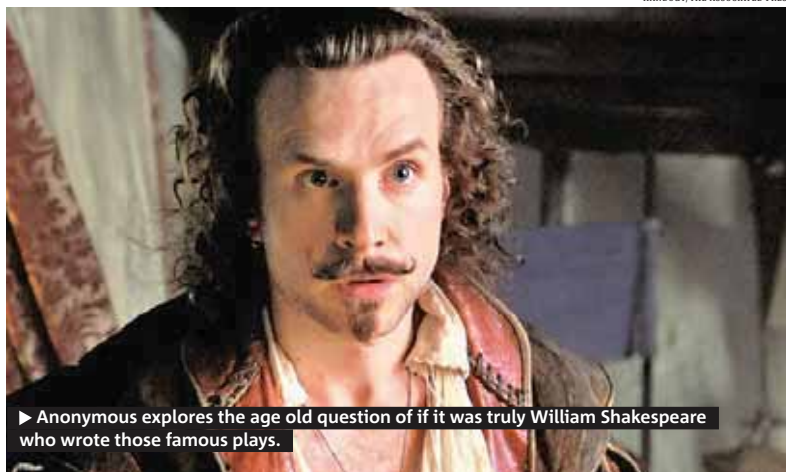
SCENE@METRONEWS.CA



A new movie called *Anonymous* asks a question that has kept academics debating for decades. Was it actually William Shakespeare, of Stratford-upon-Avon, who wrote the plays and poems attributed to him?

The film suggests it was Edward De Vere, Earl of Oxford (Rhys Ifans) who actually put pen to paper. Then to hide his identity he hired a semi-employed actor named William Shakespeare (Rafe Spall) to act as his literary beard.

There is no evidence to support the movie's theory but at least one detail is consistent with history



► *Anonymous* explores the age old question of if it was truly William Shakespeare who wrote those famous plays.

— the likeness of Shakespeare. Even though no painting of the Bard was done during his lifetime, the 1632 Martin Droeshout portrait showing the writer with, “a huge head, placed against a starched ruff,” has become the accepted ver-

sion of his appearance in art and on film.

Shakespeare and his ruffed collar has popped up in everything from *The Simpsons's* 2007 videogame to the Bugs Bunny cartoon *A Witch's Tangled Hare*.

Playing the Bard as a

lusty poet in Shakespeare in *Love* made Joseph Fiennes a star, but he was far from the first actor considered for the role. Daniel Day-Lewis and Kenneth Branagh both turned it down before Ralph Fiennes's little brother snapped it up.

**Shakespeare and his ruffed collar has popped up in everything from *The Simpsons's* 2007 videogame to the Bugs Bunny cartoon *A Witch's Tangled Hare*.**

The movie, about how Shakespeare's love affair with Viola De Lesseps (Gwyneth Paltrow) helped him overcome writer's block and pen *Romeo and Juliet* in her honour, earned 13 Oscar nominations and won seven, including Best Picture and Best Actress for Gwyneth.

One of the stranger depictions of Shakespeare on screen came in Jean-Luc Godard's *King Lear*. Called “Godard's most insane, headache-inducing and inscrutable

movie,” by one critic, it features Peter Sellers (not the Pink Panther actor, but an avant guard theatre director) as William Shakespeare Junior the Fifth. In the movie's post Chernobyl world, all of the world's culture has been lost and it's up to folks like Shakespeare Junior to try recreate it. Searching for inspiration he scribbles familiar phrases in his notebook — “Love's Labors Lost. As you wish. As you wish. As you wish. As you watch. As you watch...” — as he tries to piece together the works of his long lost relative. Best remembered as the Woody Allen movie you haven't seen — the comedian plays Mr. Alien in an uncredited cameo — *King Lear* is a head scratcher, even for the often unfathomable Godard.

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# Lilo to pose for Playboy

► Troubled star strikes lucrative deal with magazine according to TMZ

Lindsay Lohan will reportedly pose nude for Playboy after striking a deal with the adult magazine, according to TMZ.

The magazine is said to have initially offered the troubled actress \$750,000,

which she turned down, but she agreed when they came back with a figure closer to her \$1 million asking price.

And work is apparently already underway for the issue, as Lohan is said to have



► Lindsay Lohan

done her first revealing photo shoot over the weekend.

"I can neither confirm or deny at this time," her rep says.

● METRO

## THE KARDASHIANS: COMING SOON TO A BATHROOM NEAR YOU



► The Kardashian sisters

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONews.ca



Is there no end to the Kardashians empire?

The reality-TV-family-turned-moguls have filed documents with the U.S. Patent and Trademark Office to use the name Kardashian Collection Home on an upcoming product line.

TMZ.com reports that the Kardashians "plan to use the trademark on

everything from bath mats, to hand towels, pillow covers, sheets, golf towels, football towels, linens, candlesticks and even beer mugs."

There's no word if Kardashian Collection Home will be sold exclusively at Sears, where they currently sell their Kardashian Collection (does anyone else read that and think: 'Krap?') of clothes, handbags, shoes, belts, jewelry, hosiery, and sunglasses.

But if they think they're going to expand and encroach on Martha Stewart's Home goods empire, they've probably

### Celebrity tweets



Walker Texas Ranger was at our video shoot tonight.

@justinbieber



Justin Bieber has a scent? That's hilarious. It should be called "Someday I'm gonna Shave"....

@BetteMidler



DRINKS UP FOR MONSTERS. Just woke up with the hangover of the decade so a bloody mary should do. You always make me :).

@ladygaga



How do u manage to get and eye abrasion from, the dentist's office!!!!!!!!!!!! Night Night xx

@lindsaylohan

got another thing coming.

If anyone knows how to fashion a homemade shiv to ward off threats to her business, it's Martha Stewart.



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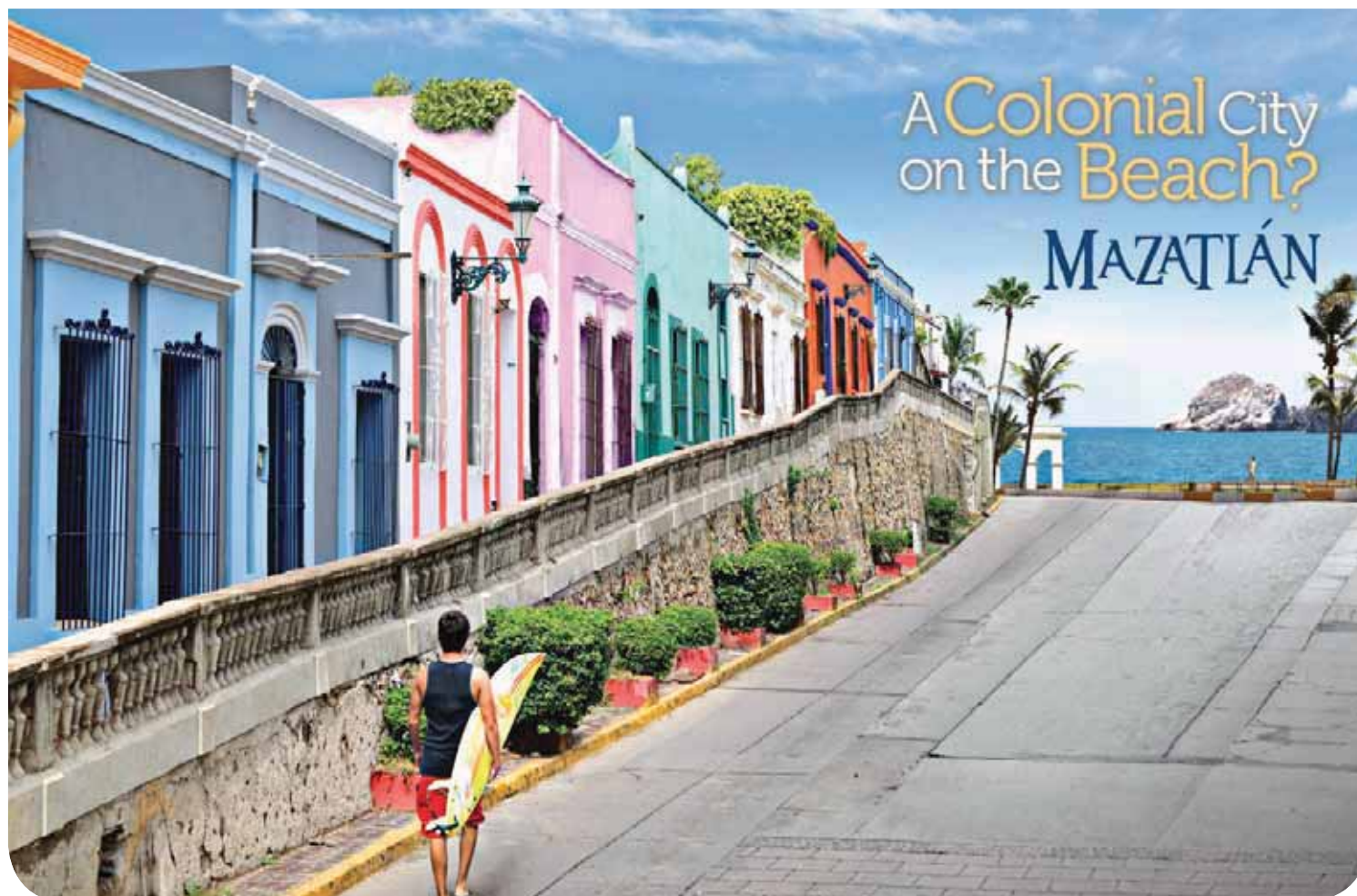
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# Growing Avatar Grove

► Port Renfrew, B.C., is leaning on Hollywood blockbuster for environmental tourism boom

Pink ribbons knotted to tree branches at the side of a gravel logging road mark the entry to an amazing earthly experience.

The air is cool, damp and even smells green. Look up and there is no blue sky, just scraggy branches and the tops of 60-metre-high trees, which allow sunlight to hit the mossy ground only in broken beams of light.

This is Avatar Grove, a 50-hectare piece of untouched old-growth forest, about 110 kilometres northwest of Victoria, B.C.

Natural-born enemies; environmentalists, business leaders and politicians, are joining hands to protect it from logging and create a nature-lover's paradise.

It's as if the happy-ending script is writing itself at Avatar Grove — a sequel of sorts to the Hollywood blockbuster, unfolding in the few remaining dark, moody and ancient big-tree forests on southern Vancouver Island.

"When we came across the area, it was at the same time the movie Avatar was released," said Ken Wu, co-founder of the Victoria-based Ancient Forest Alliance.

"Avatar was about saving old-growth forests, albeit on an alien moon.

"We wanted people to make the connection that here on earth we have real spectacular old growth (forests) that are endangered and that need protecting," he said, standing near a huge cedar marked in spray paint with the number five, signifying



► Ken Wu of the Ancient Forest Alliance looks at Canada's 'gnarliest' tree in Avatar Grove near Port Renfrew, B.C.

that it once faced a chainsaw death.

Wu said choosing the name Avatar Grove, courting the business community in nearby struggling Port Renfrew and getting the ear of the B.C. government has sparked a groundswell to declare the rugged coastal area the Big Trees Capital of Canada.

The Ancient Forest Alliance spent the summer taking busloads of tourists into Avatar Grove to see the mysterious forest, especially the alien-shaped western red cedar, nicknamed Canada's gnarliest tree for its Volkswagen-sized burl.



► There's no blue sky in Avatar Grove. The tops of 60-metre tall trees block out the sunlight.

"Port Renfrew really is the biggest trees capital of Canada," said Wu.

"The fact is the largest

Douglas fir tree on earth is near town. The biggest spruce tree in Canada is also near town. The biggest

## If you go...

Currently, there are no official scheduled tours into Avatar Grove, but visit the Ancient Forest Alliance website at [ancientforestalliance.org](http://ancientforestalliance.org) for a map of the area's big tree sites. The alliance also will take visitors into Avatar Grove or can provide travellers with a detailed and easy-to-follow map that they can use to guide themselves.

tree in Canada, the Cheewah cedar, is also north of town.

"And we've got the gnarliest tree at the Avatar Grove," he said.

Rosie Betsworth, Port Renfrew's Chamber of Commerce president, agrees with Wu and the Ancient Forest Alliance that the big trees are something to see.

It's also offering a tourism boost to the community that, until recently, considered logging and fishing its lifeblood.

"The majority (here) can see the value of tourism dollars," she said.

Steve Thomson, B.C.'s minister of Forests, Lands and Natural Resources, said the government halted planned logging of Avatar Grove and is awaiting the results of a public consultation process on the area's future.

But he suggested it already appears logging is no longer a viable option.

"The province has published its intent to adjust the old-growth management area to protect that grove," he said.

THE CANADIAN PRESS

# 3

life

## Travel in brief



Fans of MTV's Jersey Shore can get a first-hand look at the gym-tan-laundry lifestyle by renting the house where the reality series is taped.

Just bring \$2,500 a night and your own drama. Renters to the home in Seaside Heights have access to the duck phone and the double bed in the Smush Room. But they won't find the usual mess because the landlord cleaned the place.

THE ASSOCIATED PRESS



Key West's decadent Fantasy Fest begins with street parties, masquerade balls

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# Fall into the past on the Voyageur route

► Take advantage of the beautiful fall weather to travel back to the old time ► Jump in a canoe and follow the European explorers' route for a journey on Northeastern Ontario waters through quaint towns



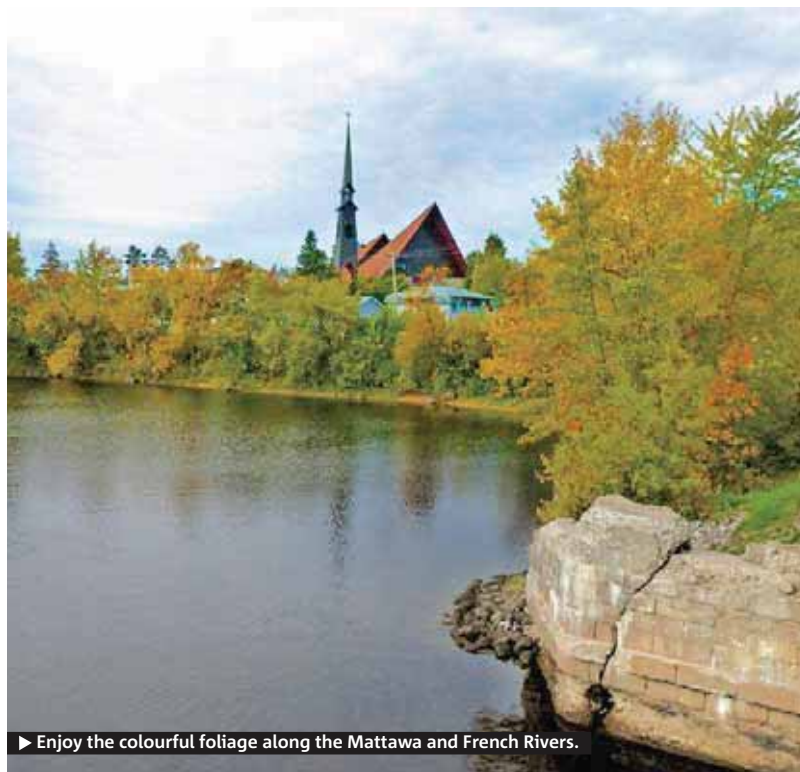
AURÉLIE  
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**Mattawa**  
mous fur trade spots in Ontario and experience the wonders of pristine waters running amid colourful foliage and the French "joie de vivre" of the Mattawa, North Bay, Sturgeon Falls and Sudbury residents. Time to hit the road.

## Mattawa

Mattawa is the oldest settlement in the Nipissing District. Take some time to stroll on the bridge or by the river to admire the amazing landscape. Go to the museum to learn about the fur trade and first explorers and try with your children to identify the wooden carved statues downtown. They all represent heroes who made the history of the Fur Trade.



► Enjoy the colourful foliage along the Mattawa and French Rivers.



► Downtown Mattawa has many carved statues.

## Mattawa and The French Rivers

Mattawa River is the legendary fur trade route the explorers took from Montreal to Lake Superior and the North West. Paddle past polished rock formations and admire the glow of the sun in pristine water.

The French River flows from Lake Nipissing to Georgian Bay. It was the main water highway to the West from 1600 to 1820. Experience the unparalleled beauty of the river and its scenery paddling around rapids and on calm waters the way aboriginals and pioneers did.

## Sudbury

Carved in the rock, this city is "county town" of Francophonie in Ontario. Visitors will enjoy discovering its unique geology with Science Nord centre and Dynamic Earth, visiting the nickel mines that made the reputation of the city or exploring the beauty of the scenery of the Great Spirit Circle Trail and of the Lake Laurentian Conservation Area.

## North Bay

North Bay sits on the main canoe route west from Montreal and proudly stands as a divisional terminal for the three major railways of Canada, the CPR,

CNR and ONR. North Bay offers great recreational activities to please water and nature aficionados. Be sure to wander over the Heritage Railway Company; children will love it.

## Sturgeon Falls

Sturgeon Falls is a vibrant community with 85 per cent French speaking inhabitants. Experience the warm

hospitality of Northern Ontario in this city shaped by strong traditions and culture. Make time to visit the Sturgeon River House Museum.

Built on a former site of the Hudson Bay Company post, it captures and promotes the local history of the area for those who want to learn more.

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# White fright

► The scariest part of Halloween in Churchill, Man., is the hungry polar bears who come to wait for the ice to form on the Hudson Bay ► But the town's Polar Bear Alert team ensures trick-or-treaters are kept safe

**GIZELLE LAU**  
LIFE@METRONEWS.CA

If there was an award for the "scariest place to be during Halloween" in Canada, Churchill, Man., could easily win the title. Unlike Manitoba's historic Fort Garry Hotel in Winnipeg, it's not the ghost stories or blood-dripping down the walls in room 202 that you have to be afraid of.

In Churchill, it's the hungry polar bears.

For one month every year, the small, sub-arctic town of Churchill, Man., becomes the Polar Bear Capital of the World. During this time, from mid-October to mid-November, over 1,000 polar bears (that's more than the town's population of 800) can be found in this region on the west coast of the Hudson Bay.

This makes up one of the world's largest concentration of polar bears at any one time.

The bears wait in and around the town of Churchill for the ice to form on the Hudson Bay so that they can make their way to arctic waters to hunt for seal and build up their reserves for another year.

Since the melting of the

ice in the Hudson Bay since the early summer, the bears have retreated to land to give birth and hibernate while summer passes, usually in northern Manitoba's Wapusk National Park.

Aside from scoring the occasional moose here and there, it's been months since they've had a proper meal and hunger is starting to take a toll.

Around this time every year, the region attracts thousands of tourists who want to see these incredible bears face-to-face from large, armoured, tank-like vehicles called tundra buggies.

Most adventure or wildlife tour operators to Churchill like Natural Habitat Adventures, name the end of October and beginning of November — around Halloween — as the best time to visit and see the polar bear bears in Churchill.

For the townspeople, it's a different story.

Consider it for a second: snowy conditions; giant bags filled with chocolates and candy; a few hundred children running around trick-or-treating; and hungry polar bears milling about?

Bad combination.

Yet despite the condi-

tions, the locals are determined for the festivities to continue.

In preparation, the Polar Bear Alert team, a group of Manitoba Conservation officers, set up bear traps (called "culver traps") on the outskirts of town to prevent them from entering the area. The large, cylindrical containers are baited with seal oil to lure the bears inside, at which point, the trap's door will shut.

Most bears are easily scared off when loud crackler shells are fired and sometimes rubber bullets are also used. Problematic bears are often sedated and taken to Polar Bear Jail, along with the bears that have been trapped.

Bears who have been caught are taken to Polar Bear Jail — a giant hanger compound on the outskirts of town that serves as a bear holding centre. Bears are held there for a maximum of 30 days at which point they are either flown by helicopter to the Hudson Bay shores or are let go when the ice freezes.

As the evening of Halloween begins, the town enlists the help of armed firemen, volunteers, policemen, and Manitoba Conservation officers to



► Over 1,000 polar bears can be found in the Churchill, Man., region from mid-October to mid-November.

form a perimeter around town while the festivities start. Helicopters circle the town to report any approaching bears or incidents to those on the ground.

Unfortunately, last-minute "throw a bedsheet over your kid and call it a ghost costume" tactics won't work. In fact, none of the kids (and adults, for that matter) are allowed to wear white costumes to prevent confusion or panic — no ghosts, angels and definitely no polar bear costumes.

At the end of the night, everyone, from locals, to seasonal staff, tour guides, tourists, and hospitality staff from around town — gather in the basement of the town's Seaport Hotel to celebrate another Halloween gone by without incident.

Luckily, there have been very little, if any, serious incidents involving humans and polar bears in and around the Churchill region — largely due to the hard work the Polar Bear Alert team does in safety



► Bears who are caught are taken to 'Polar Bear Jail.'

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# DIG A BIT DEEPER

► Company's failure to investigate allegations cost it case

## WORKPLACE LAW

DANIEL LUBLIN

DAN@CANADA

EMPLOYMENTLAWYER.COM

TWITTER: @DANLUBLIN



Having just been advised of the less than impressive results of an "employee satisfaction survey" at the National Bank's branch in Vaughan, Ont., Adrian Chandran, the senior manager at the branch, was in shock.

To Chandran's dismay, many of his subordinates accused him of making condescending remarks, embarrassing others and behaving like a bully. Some claimed they contemplated seeking legal advice. Chandran asked for the specifics of those complaints so that he could defend himself, but his request was denied.

Convinced that Chandran's supervisory duties should be taken away from him because of the complaints, the bank gave him the option of choosing between two available non-supervisory roles. Both alternative positions were at lower grade levels, although Chandran's salary would not initially change. He was then warned that behaviour similar to that which led to the employee complaints would be grounds to terminate him for cause.

Chandran argued that either of the two alternative positions offered to him



► Even those that rule with iron fists deserve to defend themselves.

were tantamount to a demotion and that, based on the bank's decision to discipline without first allowing him to defend himself, he had lost all trust in the bank. Chandran felt that he was entitled to leave but still entitled to severance.

At a recent trial, the court sided with Chandran. It concluded that one of the distinguishing features of this case was the bank's decision to impose discipline against Chandran without a proper investigation.

Although Chandran may have engaged in the conduct that he was accused of, the bank's failure to properly investigate effectively prevented it

from relying on that conduct at trial. This fact, coupled with Chandran's perceived demotion, justified his resignation with pay. Chandran was awarded severance and his legal costs.

The human resources lessons are clear: employers should pause before blindly accepting allegations of harassment and bullying at work. As harassment is often in the eyes of the beholder, even the workplace bully should have a full and frank opportunity to defend himself. To do otherwise flirts with a significant lawsuit.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

# You can find him in the club...

## STUDENT VOICE

BRENDAN STEVEN

TALENTECC.CA

I have always been one of those people who, for better or worse, likes to bite off more than I can chew. So when I came to McGill, where I am now in my third year of a degree in political science, I raced out to find any extracurricular activity I could.

One such club was the McGill Tribune, one of two student newspapers here on the McGill campus. I had a little bit of writing experience from my days in high school, and applied for a volunteer position as an opinion columnist.

They gave me the job and I never looked back. I realized that there was a lack of representation of Conservative students on campus, so six months later, a friend and I founded The Prince Arthur Herald



► Brendan Steven feels it's important for schools to encourage students to participate in extra-curricular activities.

(princearthurherald.com), Canada's only conservative student newspaper. Within a few short months, we expanded our operation to a multitude of campuses and created Canada's only national student newspaper. I now co-manage a team upwards of 70 volunteers from across the country.

It's become very clear

### What I learned

Key take-aways from Brendan's experience.

- Evaluate your interests and skills to find something you are passionate about on campus.
- If there's a niche for a new campus club, don't be afraid to start it: employers will value your entrepreneurship.

### Where Brendan is now

I am currently completing my studies at McGill University while simultaneously staying heavily involved in areas I am interested in. I am currently the executive editor of The Prince Arthur Herald and the chief content officer for Prince Arthur Herald Ltd. I also work as a featured columnist for the National Citizen's Coalition and a senior campus fellow with the Canadian Jewish Political Affairs Committee (CJPAC).

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# Facebook: Not so bad for grades?

► Study shows using site simply to socialize may lower school success, while the sharing of info can boost grades

**CASSANDRA GARRISON**  
LIFE@METRONews.ca  
METRO WORLD NEWS IN NEW YORK

Updating your status, "liking" your friends' photos and sharing videos don't really seem like activities that are all that academic. Time spent social networking can certainly distract from studies. However, a new study shows that spending time on Facebook might not be the culprit for suffering grades — but that depends on what exactly you're doing on Facebook.

The study, called Too Much Face and Not Enough Books: The Relationship Between Multiple Indices of Facebook Use and Academic Performance, looked at the social networking habits



of 1,839 undergraduate students. On average, participants spent about 106 minutes per day on Facebook and logged on about six different times. This study looked specifically at what exactly students were doing on Facebook. The three most popular

activities were viewing photos, commenting on content and checking to see what someone is up to.

Reynol Junco, a professor at Lockhaven University and the study's author, found that while some activities on Facebook may

negatively impact grades, others have the opposite effect.

Sharing links and checking to see what friends are up to are positively related to grades, while posting status updates is negatively related. Furthermore, using Facebook chat is negatively related to time spent studying. It seems that using Facebook for activities that involve collecting and sharing information (checking to see what friends are up to and sharing links, respectively) is more positively predictive of outcomes than using Facebook for socializing (status updates and chatting).

In other words, Facebook can be as much of an intellectual tool as it is a means for keeping in



► Could logging in be a predictor of academic success?

touch. Junco suggests professors seize the opportunity to engage students academically through Facebook by using it to communicate about course content, create groups for classes and share news links with students.

"By identifying and exploring the relationship between individual Facebook activities and student learning behaviours, educators might transform activities currently

related to poorer outcomes into beneficial academic experiences," Junco wrote.

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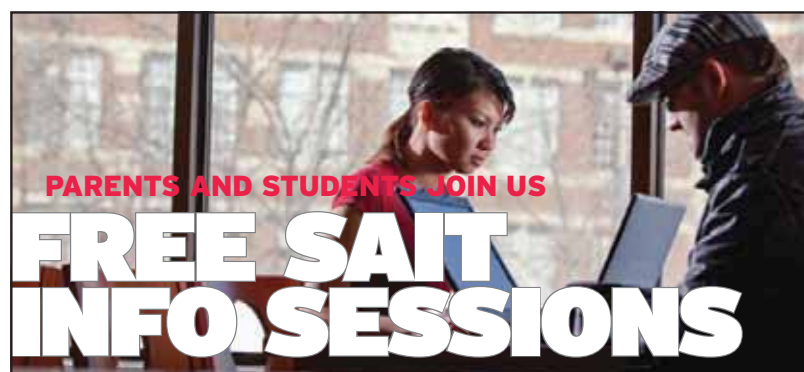
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# A culinary toast to Diwali



► This recipe serves four.

Today marks Diwali, a five day "festival of lights" and one of the biggest celebrations in India among Hindus.

Food plays an important role in the Diwali celebration. It is customary

to exchange sweets and savoury dishes with friends and neighbours.

Instead of turning to traditional weeknight mainstays — spaghetti and meatball Mondays and taco Tuesdays — treat

your family with a risk-free, Diwali-inspired meal like this tomato and chickpea vindaloo.

Ready in less than 15 minutes, this meal is the perfect dish for busy weeknights when it is a

race against the clock to get dinner on the table.

Bursting with Indian-inspired flavours, this dish is sure to add some spice to your dinner table.

## Preparation:

## Ingredients:

- PAM Original Cooking Spray
- 2 pints grape tomatoes, sliced in half lengthwise
- 1 can chick peas (about 540 mL), drained
- 1 bottle VH Vindaloo Cooking Sauce
- 1/3 cup (80 mL) fresh cilantro, coarsely chopped
- 1/3 cup (80 mL) green onions, finely sliced
- 1/4 cup (60 mL) pumpkin seeds (optional)

- 1 Spray pot with PAM Cooking Spray.
- 2 Heat tomatoes over medium-high heat, cook until tender (10 mins).
- 3 Add VH Vindaloo Cooking Sauce, chick peas and half a cup (125 mL) water, cover and simmer three minutes.

- 4 Stir in cilantro, green onions and pumpkin seeds, warm through and serve over rice.

NEWS CANADA/VHSAUCES.CA

## Drink of the week

### Blood Sipper

- 250 ml (1 cup) each fresh or frozen strawberries, raspberries and cranberries
- 250 ml (1 cup) pomegranate juice
- 1 bottle (750 ml) vodka

In blender, combine ingredients. Pulse to just chop fruit. Refrigerate for an hour or up to several days. Pour vodka and fruit mix through mesh strainer. Press solids to extract as much liquid as possible, then discard solids. The infused vodka can be sipped straight, chilled or cut with apple cider or ginger ale

THE ASSOCIATED PRESS/ AP FOOD EDITOR J.M. HIRSCH



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# Boats of yum

## ► Nutritious Beef and Almond Stuffed Zucchini Boats

THE CANADIAN PRESS/HO

## Preparation:

- 1 Heat oven (190 C). Cook bulgur according to package; set aside. Cut zucchini in half lengthwise; scoop seeds.
- 2 In skillet over medium-high, heat oil. Add onion and cook, stir, until soft and translucent, about 3 mins. Add garlic and cook for 1 min.
- 3 Add beef and cook, breaking up with wooden spoon, until it is nearly browned, about 3



► This recipe serves four.

mins. Stir in cumin, coriander, cinnamon, red pepper flakes and 2 ml (1/2 tsp) of salt and cook 1 min. Add cooked bulgur, raisin, tomatoes; cook for another 3 mins. Remove from heat and

stir in toasted almonds and parsley.

- 4 Combine reserved tomato juice, tomato sauce and remaining 2 ml (1/2 tsp) salt in a 3 L (13-x-9-inch) baking dish. Place zucchini boats in dish, cut side up, on top of sauce and fill each with beef mixture. Cover with foil bake for 30 mins. Remove foil and bake for 10 mins. until zucchini is cooked through but still slightly firm. **EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ALMOND BOARD OF CALIFORNIA/ THE CANADIAN PRESS**

## Ingredients:

- 50 ml (1/4 cup) bulgur wheat (uncooked)
- 4 zucchini
- 75 ml (1/3 cup) slivered almonds (toasted, chopped)
- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 250 g (1/2 lb) extra-lean ground beef
- 7 ml (1 1/2 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 5 ml (1 tsp) salt
- 1 can (398 ml/14 oz) diced tomatoes, strained, juice reserved
- 45 ml (3 tbsp) raisins
- 50 ml (1/4 cup) chopped fresh parsley
- 125 ml (1/2 cup) tomato sauce



# The third goal is the hardest

## THE HOCKEY NEWS

RONNIE SHUKER  
CALGARY@METRONews.CA



Prior to last season, I made the mistake of thinking 2010-11 was the year Jarome Iginla would begin his precipitous descent out of the ranks of the NHL's top scorers.

After all, Iginla had turned 33 years old that summer and was coming off two middling 30-goal seasons after posting 50 in 2007-08. He was due to decline in my mind. Through 15 games, he had just two goals, and my prediction was looking pretty sound.

Then Iginla got his signature third goal that seems to always set his seasons in motion, and I was forced to wipe some serious egg off my face.

"Iggy" got his third goal in Game 16, had a hat trick two games later at home against Chicago and added a pair the following game in Detroit to bust out of his slump. He finished the season with 43 goals.

Less than a month into this season and the annual Iginla watch has started again. Thankfully, I learned my lesson last year, and any leftover Iginla skeptics would do well to learn theirs, too.

The Flames captain has been a slow starter his entire career. And for whatever reason, since the

lockout, that pivotal third goal is a sure marker of when Iginla gets going.

In 2009-10, he scored his third goal nine games in, which began a streak of 14 goals in 13 games. The season prior, he got it during his seventh game in a hat trick against Nashville and had another three-point night the next game. The earliest he got the third is the sixth game of the 2007-08 season when he last scored 50. In 2006-07, goal No. 3 took another nine games into the season, starting a stretch of six goals in five games. And coming out of the lockout, it took him until Game 11 to get that coveted third goal, beginning a stretch of five in four games.

Overall, post-lockout, Iginla has scored at a 23-goal pace by the time he gets his third of the season. From then on, he's scored at a 42-goal clip.

So with him sitting on just two goals in seven games to start this season, count me out of the skeptics thinking this is the year he starts to fade out of the league's elite snipers.

Iginla will score his third soon and his season will take off from there. And when he does, his 2-4-1 Flames will follow him into securing a playoff position, as my vacationing colleague Brian Costello and I at The Hockey News both believe.

Hopefully, we won't have to wipe any egg off our faces for that prediction.



CLAUS ANDERSEN/GETTY IMAGES

► Jarome Iginla may only have two goals so far, but it's too soon to count him out.

# 4

sports

### Quoted



**"I don't believe in curses and I guess I played a small part in helping prove they don't exist from a baseball standpoint."**

THEO EPSTEIN, AFTER BEING INTRODUCED AS THE NEW PRESIDENT OF BASEBALL OPERATIONS FOR THE CHICAGO CUBS YESTERDAY. EPSTEIN, 37, WAS PREVIOUSLY GM OF THE BOSTON RED SOX, WHO WON TWO WORLD SERIES TITLES UNDER HIS WATCH.

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NATIONAL HOCKEY LEAGUE													
EASTERN CONFERENCE													
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk	
d-Pittsburgh	11	7	2	1	1	33	22	16	3-1-1-0	4-1-0-1	6-2-1-1	W4	
d-Washington	7	7	0	0	0	30	14	14	5-0-0-0	2-0-0-0	7-0-0-0	W7	
d-Toronto	8	5	2	1	0	26	27	11	4-0-1-0	1-2-0-0	5-2-1-0	L1	
Philadelphia	8	5	2	1	0	29	21	11	2-2-1-0	3-0-0-0	5-2-1-0	W1	
Buffalo	8	5	3	0	0	23	17	10	1-2-0-0	4-1-0-0	5-3-0-0	L2	
Florida	8	5	3	0	0	20	19	10	1-2-0-0	3-2-0-0	5-3-0-0	W2	
Tampa Bay	9	4	3	0	2	29	30	10	2-1-0-0	2-2-0-2	4-3-0-2	W3	
Carolina	9	3	3	2	1	24	30	9	1-1-0-1	2-2-2-0	3-3-2-1	L3	
NY Rangers	7	3	2	1	1	14	13	8	0-0-0-0	3-2-1-1	3-2-1-1	L2	
Ottawa	9	4	5	0	0	27	36	8	3-2-0-0	1-3-0-0	4-5-0-0	W3	
New Jersey	6	3	2	0	1	13	16	7	2-1-0-1	1-1-0-0	3-2-0-1	L2	
NY Islanders	7	3	4	0	0	14	17	6	3-2-0-0	0-2-0-0	3-4-0-0	L3	
Boston	8	3	5	0	0	19	19	6	2-4-0-0	1-1-0-0	3-5-0-0	L1	
Winnipeg	8	2	5	0	1	17	27	5	2-2-0-0	0-3-0-1	2-5-0-1	L1	
Montreal	8	1	5	1	1	18	26	4	0-3-1-1	1-2-0-0	1-5-1-1	L6	
WESTERN CONFERENCE													
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk	
d-Colorado	8	6	2	0	0	26	20	12	0-2-0-0	6-0-0-0	6-2-0-0	W1	
d-Dallas	8	6	2	0	0	19	15	12	4-0-0-0	2-2-0-0	6-2-0-0	L1	
d-Chicago	8	5	1	0	2	27	20	12	3-0-0-2	2-1-0-0	5-1-0-2	W1	
Los Angeles	7	5	1	0	1	17	10	11	3-1-0-0	2-0-0-1	5-1-0-1	W4	
Detroit	7	5	2	0	0	20	18	10	3-0-0-0	2-2-0-0	5-2-0-0	W2	
Edmonton	8	4	2	0	2	16	14	10	3-1-0-1	1-1-0-1	4-2-0-2	W3	
Anaheim	8	4	3	0	1	18	21	9	3-2-0-0	1-1-0-1	4-3-0-1	L3	
Minnesota	8	3	2	2	1	18	20	9	2-1-1-0	1-1-1-1	3-2-2-1	L1	
Vancouver	9	4	4	0	1	24	26	9	2-1-0-1	2-3-0-0	4-4-0-1	L1	
San Jose	7	4	3	0	0	21	17	8	1-2-0-0	3-1-0-0	4-3-0-0	W3	
St. Louis	8	4	4	0	0	22	24	8	2-1-0-0	2-3-0-0	4-4-0-0	W2	
Phoenix	7	3	3	0	1	20	22	7	1-2-0-0	2-1-0-1	3-3-0-1	W1	
Nashville	8	3	4	0	1	16	23	7	0-2-0-1	3-2-0-0	3-4-0-1	L1	
Calgary	7	2	4	1	0	15	20	5	1-2-1-0	1-2-0-0	2-4-1-0	L2	
Columbus	9	1	7	0	1	21	30	3	1-3-0-1	0-4-0-0	1-7-0-1	L8	

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**  
Edmonton 3 Vancouver 2  
Ottawa 3 Carolina 2 (SO)  
Tampa Bay 4 Buffalo 3  
Columbus 4 Detroit 1  
Pittsburgh 3 N.Y. Islanders 0  
San Jose 3 Nashville 1  
Chicago 3 Anaheim 2 (SO)  
Dallas at Phoenix  
New Jersey at Los Angeles  
**Monday's results**  
Philadelphia 4 Toronto 2  
Florida 2 Montreal 1  
N.Y. Rangers 2 Winnipeg 1  
**Tonight's games**  
**All times Eastern**  
Philadelphia at Montreal, 7:30 p.m.  
Colorado at Calgary, 9 p.m.  
St. Louis at Vancouver, 10 p.m.  
**Tomorrow's games**  
Montreal at Boston, 7 p.m.  
Columbus at Buffalo, 7 p.m.  
Toronto at N.Y. Rangers, 7 p.m.  
Winnipeg at Philadelphia, 7 p.m.  
N.Y. Islanders at Pittsburgh, 7 p.m.  
Florida at Ottawa, 7:30 p.m.  
Tampa Bay at Nashville, 8 p.m.  
Anaheim at Minnesota, 8 p.m.  
Los Angeles at Dallas, 8:30 p.m.  
Washington at Edmonton, 9:30 p.m.  
New Jersey at Phoenix, 10 p.m.  
**Friday's games**  
Chicago at Carolina, 7 p.m.  
San Jose at Detroit, 7:30 p.m.  
Edmonton at Colorado, 9 p.m.  
St. Louis at Calgary, 9 p.m.

**SENATORS 3, HURRICANES 2 (SO)**  
**First Period** — No Scoring.  
**Penalties** — Foligno Ott (holding) 11:28, Cowen Ott (interference) 17:04.  
**Second Period**  
1. Ottawa, Konopka 1 (Gonchar, Winchester) 6:30  
2. Ottawa, Spezza 5 (Greening, Gonchar) 18:36 (pp)  
**Penalty** — Harrison Car (hooking) 17:47.  
**Third Period**  
3. Carolina, Ruutu 3 (Harrison) 15:08  
4. Carolina, Skinner 4 (McBain, E.Staal) 17:29 (pp)  
**Penalties** — Smith Ott (holding) 8:14, Rundblad Ott (holding) 17:23.  
**Overtime** — No Scoring.  
**Penalties** — None.  
**Shootout**  
Ottawa wins 1-0  
**Ottawa** (1) — Michalek, miss; Spezza, goal.  
**Carolina** (0) — Skinner, miss; Jokinen, miss; Ruutu, miss.  
**Shots on goal**  
Ottawa 5 13 9 1 —28  
Carolina 15 7 6 6 —34  
**Goal** — Ottawa: Anderson (W,4-2-0); Carolina: Ward (L,3-2-2). **Power plays (goals-chances)** — Ottawa: 1-1; Carolina: 1-4.  
**Attendance** — 12,083 (18,680) at Raleigh, N.C.

**SCORING LEADERS**

	G	A	PT
Kessel, Tor	9	6	15
D.Sedin, Vcr	4	8	12
Spezza, Ott	4	7	11
Michalek, Ott	6	4	10
Tavares, NYI	6	4	10
Vanek, Buf	6	4	10
Giroux, Pha	5	5	10

**Last night's games not included**

## OILERS 3, CANUCKS 2

**First Period** — No Scoring.  
**Penalty** — Hansen Vcr (delay of game) 4:17.  
**Second Period**  
1. Edmonton, Eberle 1 (Hall, Potter) 1:53  
2. Edmonton, Horcoff 1 (Smyth) 5:58  
3. Edmonton, Hall 2 (Eberle, Nugent-Hopkins) 6:55  
4. Vancouver, Hodgson 2 (Edler, Malholtra) 11:29  
**Penalties** — Eager Edm (boarding) 2:22, Eager Edm (roughing) 7:42, D.Sedin Vcr (hooking) 12:26, Lapierre Vcr (hooking) 18:19.  
**Third Period**  
5. Vancouver, Burrows 3 (H.Sedin, Salo) 7:43  
**Penalty** — Smid Edm (elbowing) 3:43.  
**Shots on goal**  
Vancouver 13 12 12 —37  
Edmonton 10 7 5 —22  
**Goal** (shots-saves) — Vancouver: Luongo (L,2-3-1)(15-12), Schneider (6:55 second; 7-7); Edmonton: Khabibulin (W,3-0-2).  
**Power plays (goals-chances)** — Vancouver: 0-3; Edmonton: 0-3.  
**Referees** — Mike Leggo, Don VanMassenhoven. **Linesmen** — Michel Cormier, Vaughan Rody.  
**Attendance** — 16,839 (16,839) at Edmonton.

## MLB PLAYOFFS

### WORLD SERIES

(Best-of-7 series)  
**ST. LOUIS (N.L.) VS. TEXAS (A.L.)**  
(Texas leads 3-2)  
**Monday's result**  
Texas 4 St. Louis 2  
**Tonight's game**  
**All times Eastern**  
Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.  
**Tomorrow's game**  
x-Texas at St. Louis, 8:05 p.m.  
x — if necessary.

### CFL

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Winnipeg	16	10	6	0	386	375	20
x-Montreal	16	10	6	0	487	399	20
x-Hamilton	16	8	8	0	462	426	16
Toronto	16	4	12	0	337	460	8

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Edmonton	16	10	6	0	384	352	20
x-B.C.	16	9	7	0	439	364	18
x-Calgary	16	9	7	0	449	426	18
Saskatchewan	16	4	12	0	307	456	8

x — clinched playoff berth.  
**WEEK 18**  
**Friday's game**  
**All times Eastern**  
Toronto at Winnipeg, 8 p.m.  
**Saturday's games**  
Hamilton at Saskatchewan, 3 p.m.  
Edmonton at B.C., 10 p.m.  
**Sunday's game**  
Calgary at Montreal, 1 p.m.

## NFL

### AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF PA
New England	5	1	0	.833	185 135
Buffalo	4	2	0	.667	188 147
N.Y. Jets	4	3	0	.571	172 152
Miami	0	6	0	.000	90 146

SOUTH					
	W	L	T	Pct	PF PA
Houston	4	3	0	.571	182 131
Tennessee	3	3	0	.500	112 135
Jacksonville	2	5	0	.286	84 139
Indianapolis	0	7	0	.000	111 225

NORTH					
	W	L	T	Pct	PF PA
Pittsburgh	5	2	0	.714	151 122
Baltimore	4	2	0	.667	155 83
Cincinnati	4	2	0	.667	137 111
Cleveland	3	3	0	.500	97 120

WEST					
	W	L	T	Pct	PF PA
San Diego	4	2	0	.667	141 136
Oakland	4	3	0	.571	160 178
Kansas City	3	3	0	.500	105 150
Denver	2	4	0	.333	123 155

### NATIONAL CONFERENCE

EAST					
	W	L	T	Pct	PF PA
N.Y. Giants	4	2	0	.667	154 147
Dallas	3	3	0	.500	149 128
Washington	3	3	0	.500	116 116
Philadelphia	2	4	0	.333	145 145

SOUTH					
	W	L	T	Pct	PF PA
New Orleans	5	2	0	.714	239 158
Tampa Bay	4	3	0	.571	131 169
Atlanta	4	3	0	.571	158 163
Carolina	2	5	0	.286	166 183

NORTH					
	W	L	T	Pct	PF PA
Green Bay	7	0	0	1.000	230 141
Detroit	5	2	0	.714	194 137
Chicago	4	3	0	.571	170 150
Minnesota	1	6	0	.143	148 178

WEST					
	W	L	T	Pct	PF PA
San Francisco	5	1	0	.833	167 97
Seattle	2	4	0	.333	97 128
Arizona	1	5	0	.167	116 153
St. Louis	0	6	0	.000	56 171

**Monday's result**  
Jacksonville 12 Baltimore 7  
**WEEK 8**  
**Byes:** Atlanta, Chicago, Green Bay, N.Y. Jets, Oakland, Tampa Bay  
**Sunday's games**  
Indianapolis at Tennessee, 1 p.m.  
New Orleans at St. Louis, 1 p.m.  
Jacksonville at Houston, 1 p.m.  
Miami at N.Y. Giants, 1 p.m.  
Minnesota at Carolina, 1 p.m.  
Arizona at Baltimore, 1 p.m.  
Detroit at Denver, 4:05 p.m.  
Washington vs. Buffalo at Toronto, 4:05 p.m.  
Cleveland at San Francisco, 4:15 p.m.  
Cincinnati at Seattle, 4:15 p.m.  
New England at Pittsburgh, 4:15 p.m.  
Dallas at Philadelphia, 8:20 p.m.  
**Monday, Oct. 31**  
San Diego at Kansas City, 8:30 p.m.

## TENNIS

### ATP

#### ERSTE BANK OPEN

**At Vienna**  
**Singles — First Round**  
Tommy Haas, Germany, def. Juan Ignacio Chela (5), Argentina, 6-7 (3), 6-3, 7-6 (5).  
Fabio Fognini (8), Italy, def. Tommy Robredo, Spain, 7-6 (7), 5-7, 2-1 (retired).  
Daniel Brands, Germany, def. Martin Fischer, Austria, 6-7 (3), 6-2, 7-6 (6).  
Andraz Bedene, Slovenia, def. Ivo Karlovic, Croatia, 7-6 (4) (retired).  
Philipp Petzschner, Germany, def. Pablo Andujar, Spain, 6-2, 6-2.  
Xavier Malisse, Belgium, def. Albert Ramos, Spain, 6-1, 6-4.  
Guillermo Garcia-Lopez, Spain, def. James Blake, U.S., 6-2, 5-7, 6-4.  
Dominic Thieme, Austria, def. Thomas Muster, Austria, 6-2, 6-3.  
**Doubles — First Round**  
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, 6-3, 6-3.

#### ST. PETERSBURG OPEN

**At St. Petersburg, Russia**  
**Singles — First Round**  
Marin Cilic (4), Croatia, def. Sergei Bubka, Ukraine, 6-4, 7-6 (1).  
Alex Bogomolov Jr. (7), United States, def. Igor Kunitsyn, Russia, 6-3, 6-1.  
Dmitry Tursunov (8), Russia, def. Teymuraz Gabashvili, Russia, 7-5, 6-3.  
Michael Berrer, Germany, def. Mikhail Kukushkin, Kazakhstan, 6-1, 4-6, 6-4.  
Julien Benneteau, France, def. Pere Riba, Spain, 6-2, 6-1.  
Somdev Devvarman, India, def. Karol Beck, Slovakia, 6-2, 6-3.  
Lukas Rosol, Czech Republic, def. Ernests Gulbis, Latvia, 6-3, 6-4.  
Dusan Lajovic, Serbia, def. Jeremy Chardy, France, 6-4, 6-4.

### WTA

#### BNP PARIBAS CHAMPIONSHIPS

**At Istanbul, Turkey**  
**ROUND ROBIN**  
**Red Group**  
Caroline Wozniacki (1), Denmark, def. Agnieszka Radwanska (8), Poland, 5-7, 6-2, 6-4.  
Petra Kvitova (3), Czech Republic, def. Vera Zvonareva (6), Russia, 6-2, 6-4.  
**Standings:** Kvitova 1-0 (sets 2-0), Wozniacki 1-0 (2-1), Radwanska 0-1 (1-2), Zvonareva 0-1 (0-2).  
**White Group**  
Sam Stosur (7), Australia, def. Maria Sharapova (2), Russia, 6-1, 7-5.  
**Standings:** Stosur 1-0 (2-0), Azarenka 0-0 (0-0), Li 0-0 (0-0), Sharapova 0-1 (0-2).

### SOCCER

#### MLS PLAYOFFS

**All times Eastern**  
**WILD CARDS**  
(single-game elimination)  
**Tonight's game**  
New York at FC Dallas, 9 p.m.  
**Tomorrow's game**  
Columbus at Colorado, 10 p.m.

## ACTIVITY

### BASEBALL

**AMERICAN LEAGUE**  
BOSTON RED SOX — Named Ben Cherington executive vice president/general manager.  
KANSAS CITY ROYALS — Named Dave Eiland pitching coach.  
MINNESOTA TWINS — Declined their 2012 contract option on RHP Joe Nathan.  
OAKLAND ATHLETICS — Named Dan Feinstein director of professional scouting/baseball development National League ARIZONA DIAMONDBACKS — Promoted Junior Nobao to vice president, latin operations.  
CHICAGO CUBS — Agreed to terms with president of baseball operations Theo Epstein on a five-year contract.  
MILWAUKEE BREWERS — Assigned INF Josh Wilson and RHP Mark DiFelice outright to Nashville (PCL). Reinstated RHP Brandon Kintzler from the 15-day DL and LHP Manny Parra and LHP Mitch Stetter from the 60-day DL. Agreed to terms with INF Edwin Maysonet on a minor league contract.  
NEW YORK METS — Reinstated INF Daniel Murphy and INF Ike Flushing, N.Y., October 25, 2011 - The New York Mets today announced the team has reinstated infielders Daniel Murphy, INF Ike Davis, RHP Taylor Buchholz and LHP Johan Santana from the 60-day DL.

### FOOTBALL

**NFL**  
ATLANTA FALCONS — Placed FB Ovie Mughelli on injured reserve and G Mike Johnson. Signed RB Mike Cox & OL Kirk Chambers.  
BUFFALO BILLS — Placed LB Shawne Merriman on injured reserve.  
INDIANAPOLIS COLTS — Placed QB Kerry Collins & FB Chris Gronkowski on injured reserve. Re-signed OL Jamey Richard, OL Michael Toudouze & RB Darren Evans. Waived WR-KR David Gilreath from practice squad.  
MIAMI DOLPHINS — Signed QB J.P. Losman. Placed QB Sage Rosenfels on the reserve-non-football illness list.  
NEW YORK JETS — Waived C Colin Baxter. Released OL Matt Kroul from the practice squad.  
WASHINGTON REDSKINS — Placed TE Chris Cooley & RB Tim Hightower on injured reserve.

### CFL

WINNIPEG BLUE BOMBERS — Released DE Quentin Davie and DB Leslie Majors from the practice roster. Released WR Tim Brown.

### HOCKEY

**NHL**  
CAROLINA HURRICANES — Recalled F Zach Bochuk from Charlotte (AHL). Placed F Zac Dalpe on injured reserve, retroactive to Oct. 14.  
MONTREAL CANADIENS — Recalled F Aaron Palushaj from Hamilton (AHL).  
WASHINGTON CAPITALS — Recalled D Sean Collins from Hershey (AHL).

### LACROSSE

**NLL**  
MINNESOTA SWARM — Traded F Mat Giles to Buffalo for a conditional 2013 4th-round draft pick. Signed G Evan Kirk to a 3-year contract.

# Muslim Heritage Day

## Beyond CoExistence

Saturday, Oct. 29, 10am to 6pm - Olympic Plaza, downtown Calgary

Open to Public

E



## Engine

Tossed aside for 2012 is the 3.8-litre V-6 rated at 202 horsepower and 237 pound-feet of torque. That engine had been the off-roader's go-to motivation since the 2007 model year.

In its place is Chrysler's recently developed Pentastar V-6 rated at 285 horsepower and 260 pound-feet of torque. That translates into a horsepower improvement of more than 40 per cent, along with a corresponding 10 per cent gain in peak torque.

## Transmission

The Wrangler also offers a more efficient optional five-speed automatic transmission in place of the previous four-speed unit. Jeep says that the extra cog helps reduce fuel consumption and offers a lower crawl ratio for severe off-road use.

Still standard is a German-made six-speed manual gearbox, which is the first of its type attached to the Pentastar V-6.

## Towing

Remaining unchanged are the Wrangler and Wrangler Unlimited's maximum towing capacities of 910 and 1,590 kilograms, respectively.

The Sport B (except Unlimited), Sport S, Sahara and Rubicon trim levels carry over with the first three featuring part-time four-wheel-drive with optional limited-slip rear differentials. The trail-happy Rubicon uses the Off-Road Rock-Trac unit with its extra-low-range gearing, front-and-rear locking differentials for greater agility, and 32-inch off-road rubber.



# Wrangler gets a heart transplant



**MALCOLM GUNN**  
DRIVE@METRONEWS.CA  
WHEELBASE MEDIA

The Wrangler's ancestry dates back more than 70 years, but being on the receiving end of a series of recent improvements has kept this Jeep as up-to-date as ever. Loyalty to Chrysler's iconic Jeep brand

knows no bounds, especially the Wrangler, which some aficionados consider the only true Jeep. And despite the passage of time, it has maintained an unyielding grip on its now-classic design. In short, the Wrangler is the ultimate retro vehicle with unabashed bragging rights to history

and heritage.

Jeep's current Fiat miniders have managed to tread carefully without messing with Wrangler tradition.

However, for the 2011 model year they introduced a kinder, gentler (on the posterior) interior, with better-quality materials for the updated dashboard, seats

and door trim as well as the addition of climate control, heated seats and outside mirrors to the options list. Those changes were clearly well received as Wrangler sales have remained as robust as ever.

For the 2012 model year, the Wrangler is on the receiving end of a much-needed

heart transplant — in the form of its engine.

It's that more powerful engine, and attendant fuel-economy improvements that represent the key enhancements, and ones that both serious, crater-crawling Jeep fanatics and first-timers will readily appreciate.

# 5 drive

### By comparison

#### Toyota FJ Cruiser

Base price: \$34,500  
A genuine off-roader that recalls FJs of old. Plenty of style and interior space.

#### Nissan Xterra

Base price: \$35,800  
Extra-tough truck-based sport ute. built for fun and off-road adventure.

#### Land Rover LR2

Base price: \$46,300  
British-built SUV brings a touch of class, but is a bit of a fuel guzzler.

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# Sonic

## wave

### ► Chevrolet's small car makes traffic jams bearable

**LISA CALVI**  
FOR WHEELBASE MEDIA

Driving from a big-city airport to downtown when traffic congestion has been building all day doesn't seem like the ideal way to learn everything there is to know about a car.

But when you only have that bit of time to experience a vehicle and you want to write about what people do in traffic jams, it's actually kind of perfect.

My ride, a new 2012 Chevrolet Sonic, is parked in the basement of the airport hotel. I go to retrieve it and I'm greeted with a sexy hatchback. A four-door sedan is also available.

I get in, turn the key and nothing happens. Now I'm excited. Push in the clutch: this baby has a manual transmission.

Although if your story

angle is about driving in traffic jams and what people do in this necessary urban evil, how will shifting gears impact the experience? Do stick-loving city dwellers eventually give up a manual transmission because the stop-and-go is too irritating? But then, what about those on-ramps and straight stretches where you get to go through the gears?

A meeting downtown is imminent so I have to put the Sonic in gear without really letting the interior features sink in. Leaving the basement is already a good time, since it whips around the corners quite nicely, although one of the first adjustments is to tuck away the armrest on the driver's seat. It just gets in the way.

Not even off the airport property and I'm into a traffic jam, a line-up that starts at the parking-exit gate. This gives me a chance to

drink in my surroundings.

The steering wheel is meaty, wrapped in leather with a touch of chrome. The subtle stitching gives it a racy feel. I realize I judged the armrest too harshly. Sitting in traffic, it's a good thing to have. The seat is comfortable, also good in a traffic jam.

I plug my iPhone into the USB outlet that I find in the storage compartment above the glove box. The hidden notch in the cover means my cord doesn't get crushed. Simple and sweet.

In making all of these observations, I've moved all of 10 feet. But that's OK because I'm in a traffic jam and, for now, that's right where I want to be.

So, what do people do in traffic jams?

The guy next to me is texting or sending emails. The woman in front of me is applying lipstick with her rear-view mirror tilted. People are jockeying from



► Once you're out of traffic, you can stretch the Sonic's legs. Opting for the speedy turbo means you can stretch your own legs a little sooner.

one lane to the next, always trying to zero in on the one that's moving faster.

Being in three lanes of traffic trying to merge into a roundabout is not a relaxing experience. An ambulance in the left lane ahead suddenly turns on its lights and siren. The two vehicles in front of it are pressured into the circle. Vehicles coming from the left are not really cluing in that they should yield to the ambulance. Horns start blowing and tensions rise. Did the ambulance get an emergency call? Was the driver just looking for a way to get out of this traffic and to a coffee break? Hmmm.

A traffic jam is just the place to ponder such questions.

#### Headlights

► The Sonic features exposed headlights, which were apparently inspired by motorcycle headlights. They give the car an aggressive yet totally approachable face.

But wouldn't you know it? After wrestling with a story angle and finally deciding to focus on "the traffic jam," the traffic is now flowing freely. I'm shifting into fourth gear and bringing the sprightly little Sonic rocket up to 100 km/h.

Have you ever been in a traffic jam and were disappointed when it was over?

I didn't think so. The Sonic is peppy. Really peppy

since it's the 138-horsepower turbocharged version, which also means the transmission is a six-speed manual.

Forget the story angle, give me some twists and turns and get out of my way.

Alas, acceleration-happiness is short-lived. Another traffic jam and I'm immediately back to thinking about what people do to pass the time.

But finally, after once again alternating between smooth sailing and stop-and-go contemplation, I arrive at my destination. Happily tossing the keys to the valet, it dawns in me what most people do in traffic jams: try to get out of them.

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2011 Dodge Grand Caravan Crew shown.<sup>5</sup>

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2011 Dodge Journey SXT shown.

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**Jeep.**



## RAM

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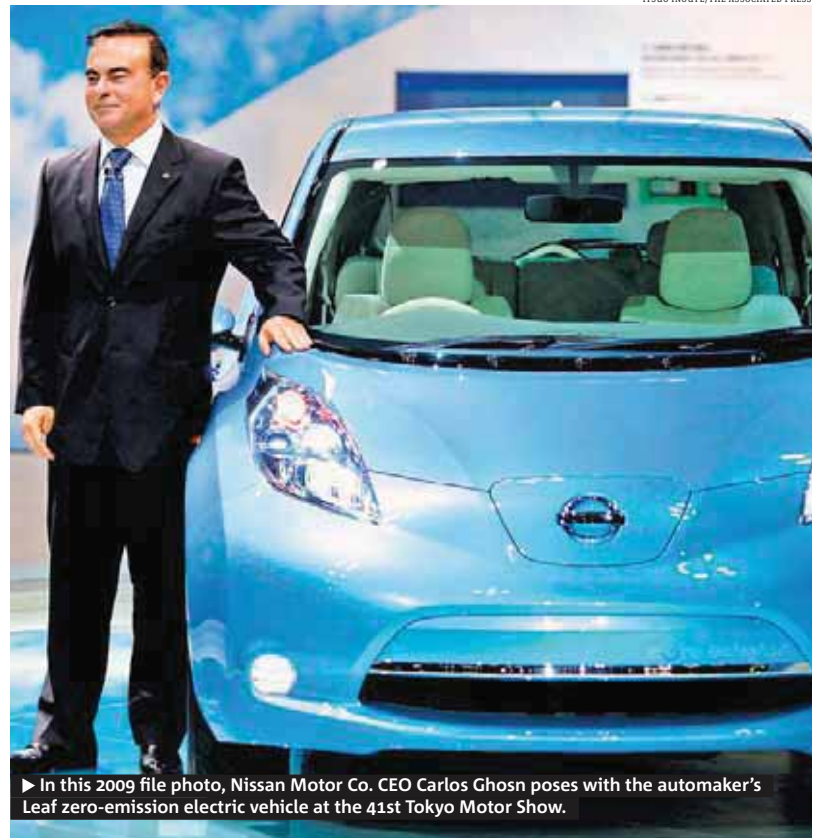
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► In this 2009 file photo, Nissan Motor Co. CEO Carlos Ghosn poses with the automaker's Leaf zero-emission electric vehicle at the 41st Tokyo Motor Show.

## Nissan coming for the No. 1 spot

► Automaker aims to be world leader in green vehicles

Nissan Motor Co. is aiming to be the world's No. 1 in green cars, targeting cumulative sales of 1.5 million zero-emission vehicles by 2017 with alliance partner Renault SA of France.

The Japanese maker of the Leaf electric car announced Monday its six-year strategy, planning a plug-in hybrid by the fiscal year ending March 2017 and reducing carbon dioxide emissions by 20 per cent per vehicle compared with 2005 levels.

Nissan, based in Yokohama, also aims to improve fuel efficiency of its vehicles by 35 per cent compared with 2005.

Nissan President and Chief Executive Carlos Ghosn said being ecological can deliver a competitive edge by allowing the automaker to stand out as a good corporate citizen.

"More consumers are demanding products in line with their values, in-

**16,600**

**Electric cars remain a niche market so far. Nissan has sold about 16,600 Leaf cars around the world since they went on sale in December 2010. But competition in electric vehicles is likely to intensify as others, such as Japanese rival Toyota Motor Corp., enter the sector. Toyota already offers plug-in hybrid cars, which run partly as EVs but switch to become regular hybrids with gas engines when they run out of the electric charge.**

cluding cars and trucks with a lower carbon footprint," he told reporters at company headquarters.

"At the same time, we are using technology to make our factories greener and more efficient."

Ghosn said Nissan was working on a fuel cell, another kind of zero-emissions vehicle, as well as other types of environmental technology such as clean diesels.

He said growth was coming from emerging markets, and Brazil, India and Russia are expected to overtake Japan in auto demand. The Japanese auto market, which has been stagnant for years, now trails China, the world's largest.

Japanese automakers suffered a major setback from the March 11 earthquake and tsunami that disrupted suppliers and stalled production for months. Nissan has sprung back relatively well, partly on the back of the boost from emerging markets.

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## AUTO PILOT



MIKE GOETZ  
DRIVE  
@METRONEWS.CA

**When shopping for a used vehicle, you can complete a lot of the homework and due diligence via your laptop.**

**B**ut at some point someone will need to get their hands dirty. You, or someone you trust, will have to go "mano-a-mano" with the vehicle in question, and poke and prod every inch of it — especially those oily bits where the sun don't shine.

You can do this inspection yourself, or have a more technically savvy

friend do it for you, or enlist the services of a professional. The professional route is by far the most preferable option, because even if you're technically savvy, you might not have all the great diagnostic tools and equipment to do the job properly.

If you already have a trusted mechanic, he or she would be the ideal person to check out a potential vehicle for you. But it's often awkward, or impossible, to get the seller to bring the vehicle to your preferred mechanic's shop, and the process has the potential to eat up a lot of time.

There is another professional option out there, which many Canadians are unaware of it, even though it's quite popular in other countries — a mobile used-car inspection service.

"Canada is practically the only country that doesn't have (many) companies providing these services," says Efi Bershadsky, co-



founder of SmartAutoCheck.com. The company is in the process of building its Canadian wide network of used vehicle inspection services. Currently they can service customers in Southern Ontario, Calgary and Edmonton.

Bershadsky's business partner got the inspiration to start the company, soon

after he immigrated to Canada from Israel. His first used vehicle purchase in Canada turned out to be a horrible one. He then noticed that mobile inspection services weren't as common here, as they were back in Israel.

You can order a SmartAutoCheck inspection over the Internet (\$129 and up,

depending on distance). A licensed inspector or licensed mechanic will then contact the seller and arrange a time to have the vehicle inspected at the seller's location. SmartAutoCheck will then go and inspect that car, and complete a report within 24 hours.

They check engine con-

dition by compression test, by combustion leak test, and by using an OBD2 (On Board Diagnostic) device to check for fault codes stored on the engine's computer.

They check body condition by looking for rust, and evidence of collision repair (extra paint, welding, etc.). Extra paint is detected by a paint gauge tool, which is actually a micrometer, which measures paint thickness.

They check for leaks by jacking the car up, and inspecting the appropriate bits.

I don't know why you wouldn't get any vehicle checked over professionally before you buy it. If the car is clear, you get piece of mind. If it's not, you just escaped a potential nightmare. If the inspection uncovers a few issues, you have bargaining power and can easily negotiate a lower selling price, to recoup the cost of the inspection, and maybe more.

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# Designing the best seat in the house

► Creating car seats is no easy task



**JILL  
MCINTOSH**  
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When it comes to vehicle seats, the best ones are those that you seldom think about. They're so supportive and comfortable that you don't realize how long you've been sitting in them. They provide good position for visibility, and if they fold, they're easy to operate.

What isn't easy is making such a seat, and automakers spend a great deal of time and effort designing them.

"It's difficult to make a comfortable seat," says Eva Greiner, project leader de-

velopment compact class for Mercedes-Benz in Germany.

"You need to have the cushions not too soft so you sit like on a sofa, but soft enough that it doesn't hurt or push in a certain area, and gives you lateral guidance so you don't move in curves. It's supposed to be pretty, and have additional functionality so you can adjust the seat."

Each vehicle has different dimensions, which affect the seats.

"I have to fit the seat to the car, not the car to the seat," Greiner says. To this end, the team writes a specification book — known as



► Behold the seats of the upcoming 2013 Mercedes-Benz B-Class.

lastenheft to the German team — which outlines the parameters of the project, including how the company will market the car and what it will cost. The process takes nine months.

Several factors must be considered, including the height of the floor and roof, the position of the airbags, how easy it is to get in and out, and the angle of the leg between the

hip and heel when sitting. The type of car defines the position as well.

"When you get into a sports car you want a feeling that you're crawling in, but with a family car you want to get in quickly," Greiner says.

Different body sizes must also be taken into account, and Mercedes-Benz uses a formula that accounts for between five

and 95 per cent of most people.

"We don't meet the smallest and the largest when we design a car," Greiner says. "It doesn't necessarily mean they cannot sit in the car, but it's not in our data. It's a wide range. Some manufacturers only do 10 to 90 per cent."

Once the engineers have defined the seat's width,

height and dimensions, it goes to the styling department for upholstery, but it isn't finished yet. It will go back and forth between the departments numerous times until everyone is satisfied.

"It takes a lot of people to sit in the seat," Greiner says. "You can make an 80 per cent guess, but you always need to have feedback from real people."

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AMVIC LICENSEE



# Dynamics and performance define Porsche's SUV

## SECOND GEAR



JUSTIN PRITCHARD  
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The Porsche Cayenne is an off-road capable 4x4 built by a brand famous for world-class, high-performance coupes.

Family-ready and capable of confident year-round operation on any road, shoppers after a premium SUV will find plenty of selection in the used Cayenne marketplace.

Look for the five-seater with goodies like navigation, a sunroof, premium audio, Bluetooth, heated leather seats, air-adjustable suspension and a full suite of safety features, too.

### 2003 to 2010 Porsche Cayenne



#### Engine

Depending on the model in question, Cayenne was available with anything from a 3.2-litre, 247-horsepower V-6 to a 550-horsepower, twin-turbocharged V-8 engine.

#### What owners like

Owners typically rave about a blend off-road capability and on-road comfort backed by plenty of performance. Brakes, handling and power output were highly rated on virtually all models, too. Spaciousness, flexibility, interior quality and all-weather confidence round out the equation.

#### What owners dislike

Typical complaints centre around gas mileage, which is typical of virtually any SUV model. Others include a smaller-than-expected back seat, expensive options, controversial styling and limited rearward visibility.

#### Common issues

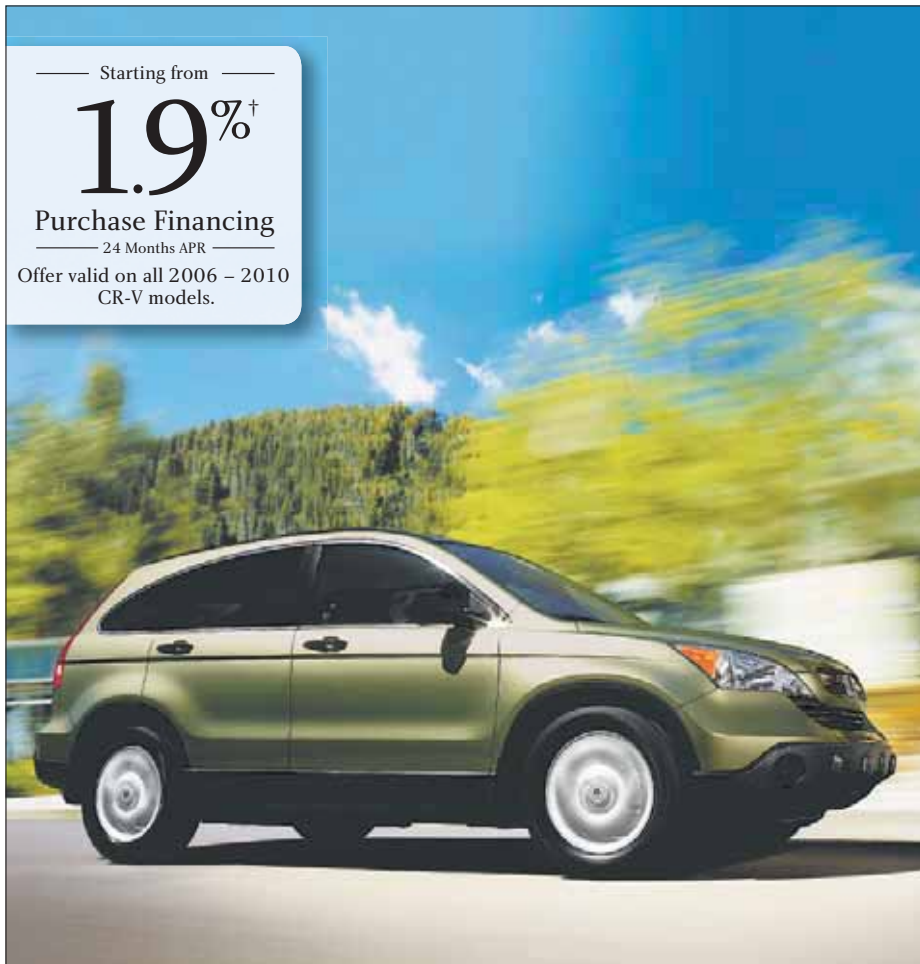
Start your test-drive with an exhaustive check of every component and accessory that runs on electricity. Pay extra close attention to the stereo, power seats, navigation system, instrument cluster and all lights.

Poor, lumpy or hesitant acceleration on any model could be caused by faulty ignition coil packs, and the engine compartment and underside should be checked for signs of a fairly common coolant leak.

#### Verdict

Low maintenance and purchase costs aren't the key draws to the Porsche Cayenne. Shop carefully, protect yourself with extended warranty coverage where available — then patiently search out the model that's perfect for your needs.

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<sup>†</sup>Limited time Purchase Financing offer on Honda Certified Used CR-V models available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda models (2006-2010 model years). Finance example based on 2006 CR-V models: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.12 for a total obligation of \$10,199.12. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Additional financing offers available on 36, 48, 60 and 72 months. Offer expires December 31, 2011.

## Crossword

## Across

1 1980s TV alien  
4 Vegan's no-no  
8 Kane's Rosebud, e.g.  
12 Singer David Allan

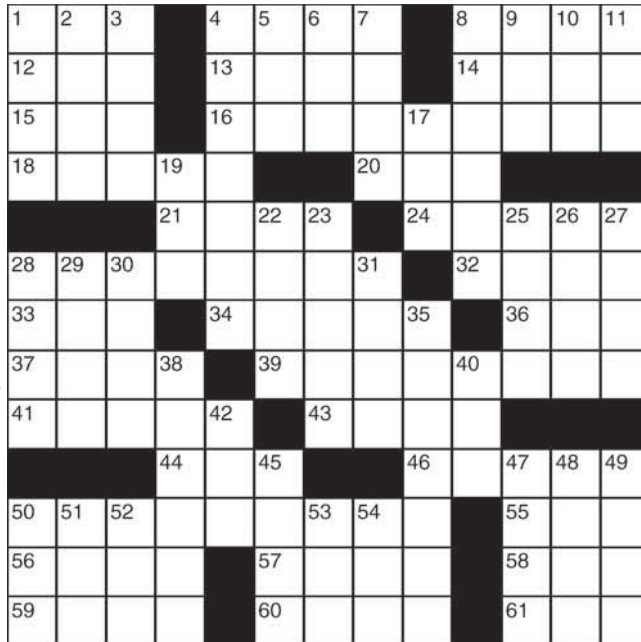
13 Therefore  
14 Head light?  
15 — for tat  
16 Disadvantages  
18 Big glitch  
20 Zero  
21 "Handsome — handsome does"  
24 Wanderer  
28 Reductions  
32 Marceau's specialty

33 Individual  
34 Farm refrain?  
36 Junior  
37 Western state  
39 Reversals  
41 On top of the world?  
43 Ballet frill  
44 Court  
46 Emperor's proclamation

50 Rebates of a sort  
55 Triumphed  
56 Actress Falco  
57 Gratis  
58 Informal Valentine word  
59 Bleak, as literature  
60 Fly high  
61 Agent

## Down

1 Gospels follower  
2 Pork cut  
3 Greek cheese  
4 Jellyfish  
5 Blunder



6 — Khan  
7 Burg  
8 Mideastern greeting  
9 Fond du —, WI  
10 Wapiti  
11 Two, in Tijuana  
17 Crib  
19 White lie  
22 Galatea's love  
23 Form of trapshoot-  
ing  
25 Uncategorized  
(Abbr.)  
26 Out of control  
27 Lairs  
28 Masterstroke

29 "Do — others..."  
30 Blue hue  
31 In — (as found)  
35 Less quick-witted  
38 Merchant  
40 Diving bird  
42 Steal from  
45 Lummoxes  
47 Piercing tools  
48 First course, often  
49 Green-eyed mon-  
ster  
50 Barbie's companion  
51 Bachelor's last ut-  
terance  
52 XVII sextu-

pled  
53 — -Magnon  
54 One of the Maunas

## ► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

## Today's horoscope

## ♈ Aries March 21-April 20

Today's new moon will force you to face a situation you've been trying to ignore. It's important you do.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who rarely gets emotional, you must let it all out. Scream if you have to.

♊ Gemini May 22-June 21 If you want to enjoy a healthier lifestyle, now is the time to start.

♋ Cancer June 22-July 22 The new moon falls in the most creative area of your chart, making this one of the best days of the year for getting things done.

♌ Leo July 23-Aug. 23 You can be rather sensitive, but as of today you will feel more positive about what kind of person you are.

♍ Virgo Aug. 24-Sept. 22 You will have no difficulty today letting others know what you think and how you feel. But don't go too far.

♎ Libra Sept. 23-Oct. 23 Today's new moon indicates that recent efforts and sacrifices have not been in vain. There's much to gain.

♏ Scorpio Oct. 24-Nov. 22 With the new moon in your sign, if you focus energy in one direction you'll achieve something remarkable.

## ♐ Sagittarius Nov. 23-Dec. 21

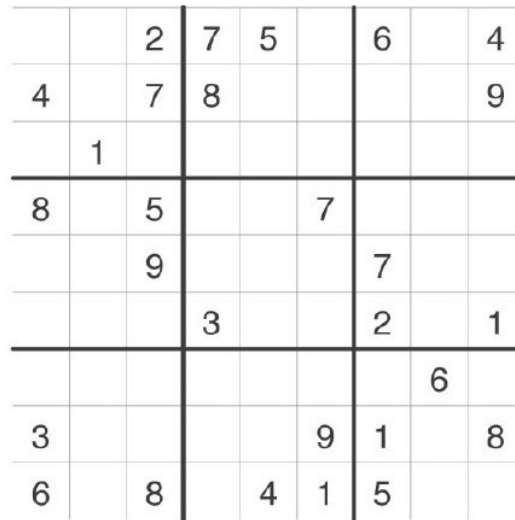
You need to overcome a fear that has been holding you back.

♑ Capricorn Dec. 22-Jan. 20 Someone you meet will become a good friend and a colleague on a project close to your heart.

♒ Aquarius Jan. 21-Feb. 18 Today's new moon indicates that if you have a plan and make a serious effort to follow it, there's nothing you can't accomplish.

♓ Pisces Feb. 19-March 20. The new moon in Scorpio will endow you with confidence and no end of good cheer. ● SALLY BROMPTON

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►

1	2	3	5	4	9	8	7	6
5	7	9	1	8	6	4	2	3
8	4	6	2	7	3	1	9	5
7	9	2	6	1	5	3	4	8
6	8	5	9	3	4	7	1	2
4	3	1	8	2	7	5	6	9
3	1	8	7	9	2	6	5	4
9	5	7	4	6	8	2	3	1
2	6	4	3	5	1	9	8	7

## A look at the weather

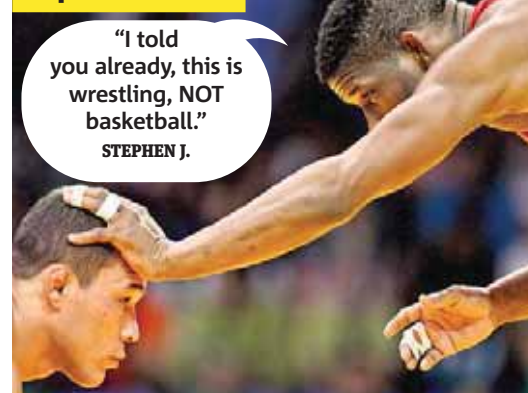
TODAY	THURSDAY	FRIDAY
☀ Min -8° Max 8°	☀ Min 0° Max 6°	☀ Min 2° Max 8°

## Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30AM



## Caption contest



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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4 left**

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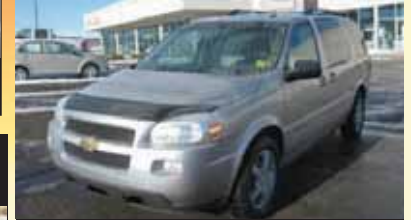
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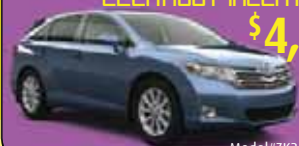
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